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A replica of one of the city's original Centre Street Bridge lions.
JEREMY SIMES/FOR METRO

LION ON THE LOOSE

Sculpture to roam into Rotary Park

metroNEWS

Carbon levy raises concern

CITY SERVICES

Council, mayor suggest tax hike is bad for transit

Helen Pike
Metro | Calgary

The wheels on the bus, going round and round, could get more expensive for the City of Calgary — and it's raising concerns.

Details of the NDP government's carbon tax were rolled out with the budget last week, dialling up millions in extra costs for Calgary.

In city council's budgetary post mortem, administration said that cost could affect Calgary Transit's service hours — which are already being stretched thin.

"I frankly just think the provincial government hasn't thought this through yet," said Mayor Naheed Nenshi, adding that Premier Notley recommended those who had concerns about the extra dollars could pick different cars, or use transit.

"It's disingenuous for them to then tax public transit, which is exactly what the carbon levy as currently set up will do."

Nenshi said the tax will boost Calgary Transit's operational costs by $3 million annually, which would result in fewer routes or increased taxes.

On Monday, Energy Minister Shannon Phillips addressed media to quash myths about the tax after a release from the Wildrose alleged the tax could cost families $1,000.

"The direct cost for the average family once the plan is fully phased in, in 2018, will be about $500," said Phillips. "I would argue that $2.2 billion in green infrastructure, including transit, will go some way to offsetting those costs."

Coun. Ward Sutherland asked transportation boss Mac Logan what the city isn't already doing to reduce carbon footprint.

So far, the City of Calgary has a CTrain line that's fully wind powered, and they have been investing in greener buses, with 150 Xcelsior "clean diesel" buses, bought in 2013.

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In quake-devastated Ecuador, loved ones mourn as number of victims rises. **World**

IN BRIEF

Police investigate alleged indecent act on weekend

Calgary police are looking for a man who allegedly exposed himself to two girls, 12 and 15, over the weekend.

The girls were walking near Catalina Boulevard and Laguna Way NE, when they noticed a man staring at them. He is described as a man of East Indian descent, in his early 20s, five feet eight inches. He allegedly exposed himself and began walking towards them.

They ran to a nearby home and told their parents who called police. Anyone who may have information about this incident is asked to contact police. METRO

Three drivers hurt, horse put down after race crash

Three drivers were injured, with two taken to hospital, and one horse was euthanized at Century Downs Racetrack in Rocky View County on Sunday after a crash during a race. During the eighth race, on the final turn, a chain reaction of crashes occurred.

Two drivers, Ryan Grundy and Ed Hensley, were taken to Foothills Hospital. Grundy was released Sunday night with a few scrapes and bruises, as was Hensley, who had three broken ribs and a punctured lung. One horse received a cut, and another was euthanized. METRO

Local runner finishes 11th Boston Marathon

ACHIEVEMENT

Jill Neufeld crosses finish line on her 28th marathon

Lucie Edwardson
Metro | Calgary

On Monday, Calgarian Jill Neufeld ran her 10th consecutive Boston Marathon — no small feat.

The 50-year-old first ran the Boston Marathon back in 2004, but after breaking her leg she was unable to run the following year. Back at it in 2007, Neufeld headed back to Boston and has run every race since.

"Boston is such a difficult race, it's really hard," she said. "I was pretty excited today, though — it's a big deal."

Neufeld — who's been running for nearly 25 years — finished her 11th Boston Marathon in three hours, 50 minutes and 34 seconds and was able to check it off as her 28th marathon ever. She said Monday's race was a little warm for her and slowed her down, but her all-time best finish at a Boston Marathon was three hours, 34 minutes and two seconds last year.

In previous years, running 10 consecutive Boston Marathons would have guaranteed Neufeld as a lifetime qualifier for the race, but a rule change in December means she will now have to qualify by running one marathon each year leading up to the event in four hours or less.

Neufeld ran the race in 2013 when there was a terrorist bombing that killed three people and injured over 260. She said like that year, this year's time doesn't matter.

"My husband said to me this morning that today, that like the day of the bombing, no one is going to remember my time" she said "He said that year all anyone cared about was that I was safe, and this year all anyone will care about is that I got the tenth."

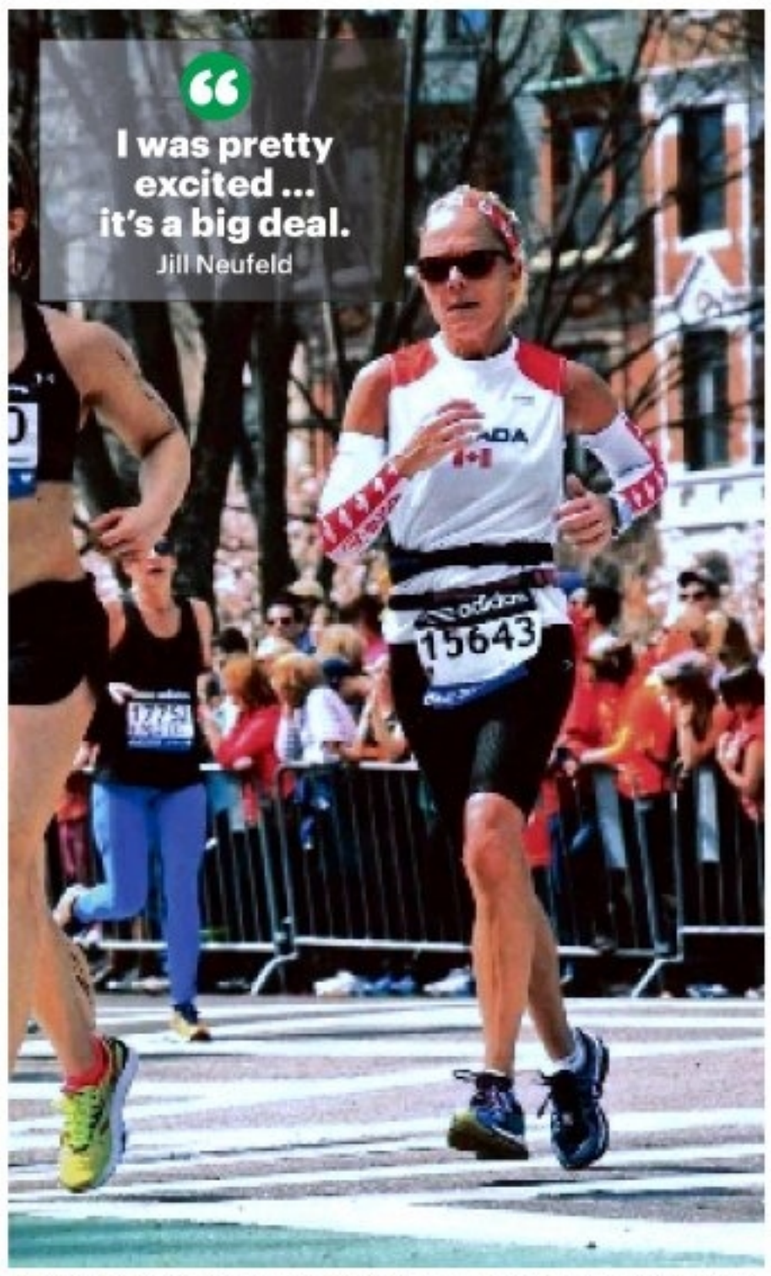
The oncology nurse said she often thinks of her patients when she's running.

"I start to think 'God, this is hard, but isn't chemotherapy worse?' and then I'm thankful because so many people don't have the opportunity to do this— it makes me grateful," she said.

On top of her 11 Boston Marathons, Neufeld has also run the New York Marathon five times, the Berlin Marathon twice and marathons in Chicago, Ottawa, Calgary, Vancouver and Victoria. Last year to celebrate her 50th birthday, Neufeld also ran a 50k with her daughter, Lindsay — a trail runner profiled by Metro last year.

"I wanted to run one kilometre for every year of my life," she said.

Neufeld said her goal is to complete all the World Majors — leaving the London Marathon to check off her list.



Jill Neufeld running in the 2014 Boston Marathon, taken just as the finish line came into her view. CONTRIBUTED

EDUCATION

Schools must wait for refugee funding

Despite an ask from both Calgary Board of Education and Edmonton Public School Board, there will be no additional provincial funding for refugee students this school year.

Calgary Board of Education board chair Joy Bowen-Eyre said the CBE has sent letters to both provincial and federal governments asking them for help in financially supporting refugee students.

The board has already spent approximately $3 million to fund the nearly 500 refugee students this year.

"As a school district we have significant experience with welcoming refugee students — and we welcome them all of the time to CBE," she said.

"However, we haven't got any funding or resources support to support our refugee students."

In a statement to Metro, Immigration, Refugees and Citizenship Canada said while the federal government is committed to ensuring newcomers integrate and contribute fully to society, education is a provincial responsibility.

Education Minister David Eggen said in an interview Monday that the 2016-17 budget does reflect the influx of refugee students, providing $5,200 per student for five years, along with the English Language Learner Grant of $1,178 per student.

"We calculate into the funding too, so, we feel like that is certainly adequate."

LUCIE EDWARDSON/METRO

Green Line LRT to go underground

TRANSIT

Downtown core connection would cost about $500M

Helen Pike
Metro | Calgary

The underground alignment is the most expensive option but has more benefits according to administration. METRO FILE

The Green Line isn't just going over pavement, grass and fields, it may also go underground.

The city isn't formally calling it the final alignment, but it's definitely administration's preference to take the Green Line under the Bow River to connect the downtown core with Centre Street North. According to staff, it's the best option despite the high price — a $500 million premium — as it keeps the core open to future development.

"It integrates better into the economic engine of Calgary, our downtown," said Green Line Centre City project manager, Jonathan Lea. "It preserves connections on the surface, for vehicles, pedestrians, cyclists."

But picking this expensive option could put some other legs of the project in jeopardy.

The city has prioritized the Green Line and the core first, then the southeast leg and finally the northeast. Lea said updated cost estimates will be coming to City Hall in the summer.

"We hear often with the LRTs we have today: Why didn't you put it underground?" said Ward 12 Coun. Shane Keating, who is also chair of the Transportation and Transit Committee.

"Through public engagement they've determined, so far, the tunnel underground all the way through the core, past the river, is the best option."

Keating said costs at this point are very high level, and they will have to be nailed down once the project is finalized.

"It isn't building all of it and worrying about the costs later," Keating said. "You talk to the feds, you talk to the province, you talk to the city, and you say what's available, what can we do, and within that frame what can we get done."

He added costs could contribute to scaling back the project — which isn't ideal.

The city is still taking public input and feedback. They have set up an "interactive installation" at Olympic Plaza between April 18 to 28. A series of pop-up events have also been scheduled over the coming two weeks.

COCKROACHES

McDonald's closes after infestation

Jeremy Simes
For Metro | Calgary

An Alberta Health Services official says she can only think of one other restaurant cockroach infestation in southern Alberta in the last three or four years.

A Brooks McDonald's has remained closed for almost a week after an Alberta Health Services (AHS) health inspector found numerous cockroaches from adult to nymph stages, showing evidence of an infestation.

"Grease, grime, garbage and food spills have accumulated throughout the premise, creating conditions that allow pests to thrive," stated a notice of closure.

The owner of the location, Adam Tassone, said a pest control company has been on site, and the restaurant will re-open once the owners are satisfied that it's up to standards.

"I am taking this matter very seriously and am following the strict policies and procedures in place to ensure my guests receive the highest quality products whenever they visit this restaurant," he said.

Goodison, AHS South Zone medical officer of health, said health officials were called after someone noticed the critters in the fast-food chain.

She said cockroaches generally mean unclean conditions.

"They're reflective of an environment that's not conducive to safe food handling," she said.

The establishment was also operating without a valid and subsisting food handling permit from AHS. And although the closure notice has been rescinded, the Brooks McDonald's still remains closed.

Goodison noted the owners are new, so she said they may still be trying to get everything in good shape.

"We don't know why they've continued to remain closed," she said.

INSPECTION

AHS will re-visit the McDonald's in the next few months to ensure it remains clean and doesn't pose a risk of reinvestigation.

The Spring 2016 Collections have arrived, with a selection of menswear brands that must be seen to be believed. Like the vibrant, rock 'n roll-inspired John Varvatos Star USA. This season sees the designer returning to the basics with luxurious takes on sportswear staples like the café racer jacket, shown here in cognac leather. While the collection retains its urbane edge, each piece seems destined to be a future classic. Come and see the collection in person, where you'll experience our signature service and expertise first-hand. Prefer a preliminary look? Visit us online at harryrosen.com, where you can chat, email or book an appointment with us.

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PROGRAM

Sex-abuse therapy helping kids: Study

A new report says a therapy program at an Alberta ranch has helped child sex-abuse survivors suffering post-traumatic stress disorder and other trauma symptoms.

Therapy sessions delivered in a friendly camp-like atmosphere were designed to treat kids between eight and 12 before they develop self-destructive behaviours such as seriously harming themselves or becoming addicted to alcohol or drugs later in life.

"The present results are very supportive that the clinical intervention program leads to a clinically meaningful improvement in symptoms of PTSD, as well as improvements in anxiety and mood symptoms," reads the University of Alberta study published in the Journal of Child and Adolescent Behaviour.

"This would support suggestions that such an intensive approach could be more widely utilized."

The program was designed by a research team led by Prof. Peter Silverstone, a psychiatrist. Little Warriors, a charity that works to prevent and treat child sexual abuse, designed The Be Brave Ranch where the program is delivered.

The clinical trials last year involved small groups of girls and boys who lived at the ranch outside of Edmonton and underwent hours of therapy with psychologists each day. Parents stayed at other lodges.

The kids were taught everyday life skills and then gradually were encouraged to speak about the abuse with therapists.

After formal sessions, the children took part in hours of "fun" therapy that included structured play, physical exercise, arts and crafts, music, role playing and interacting with horses and dogs.

Silverstone said the therapy, the ranch and the children making friends with each other were all factors in the positive results.

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One of the original Centre Street Bridge lions will be restored and given a new home in Rotary Park to celebrate the statue's 100th birthday. JEREMY SIMES/FOR METRO

Lion to get a new home

CENTRE STREET BRIDGE

City says work on 100-year-old statue to cost $400K

Jeremy Simes
For Metro | Calgary

This cat's 100th birthday will be a roaring celebration.

On Monday, the City of Calgary announced it's moving one of the original Centre Street Bridge lions to Rotary Park, overlooking the Centre Street Bridge, come March 2017.

The move will be a much added bonus to the area, said Sarah Iley, manager of Arts and Culture with the city.

"Displaying one of the historic Centre Street Bridge lion sculptures in a public setting is a poignant tribute to our city's past," she said.

"The location in Rotary Park allows citizens an opportunity to appreciate the century-old lion sculpture in a new and accessible space where it can be viewed from the Centre Street Bridge, Memorial Drive and in Rotary Park itself."

The lion that was chosen was considered to be in the best condition, Iley said, adding it will be moved into an indoor city facility to be repaired and conserved. She said the moving, restoration and placement of the lion will cost $400,000.

Plus, it'll take the city four days to move it — it has to be carefully wrapped and boxed before being lugged to the restoration site.

"It doesn't have a steel structure within it, so that's the challenge," she said. "They're very fragile."

But once it's at the site, the goal isn't to give the lion an entire facelift — the intention is to pay a genuine and well deserved tribute, Iley added.

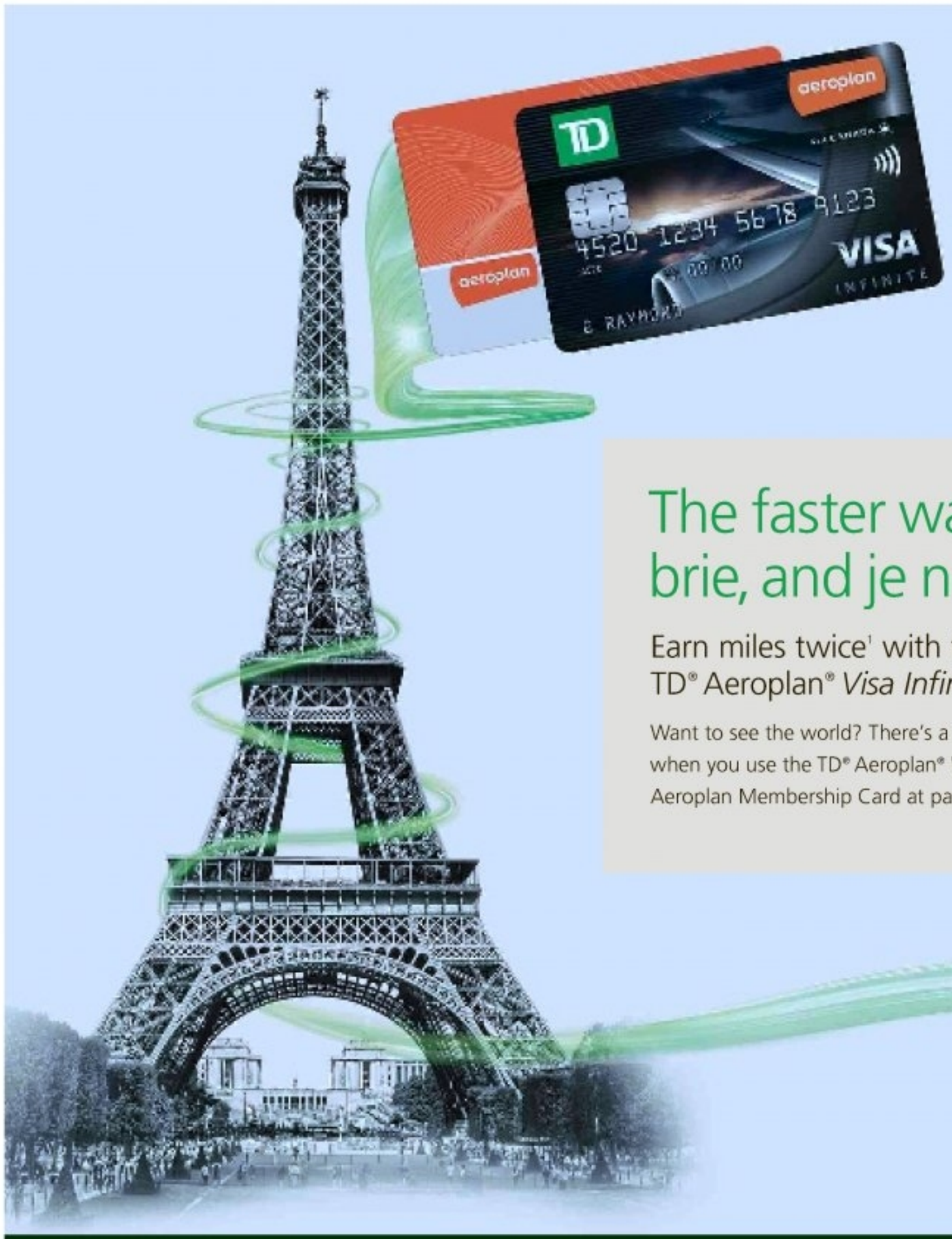
"We just want to make sure he's looking great at 100."

The fate of the other lions at the city's storage site have yet to be determined.

"We want to see how this one goes first because that'll give us a much better sense," she said.

LION FACTS

- They are made out of concrete, measure 3.7 metres in length, 1.5 metres wide, 2.4 metres high and weigh 13 tons each.
- They were created in likeness of the bronze lions found in London's Trafalgar Square, reflecting Calgary's ties to the British Empire.
- The lions have been stored since they came off the Centre Street Bridge in 1999, but it was deemed they were in an advanced state of deterioration after withstanding 82 years on the bridge.



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Budgeting for the future

Alberta Finance Minister Joe Ceci gives a third-quarter fiscal update in Edmonton on Feb. 24, 2016. AMBER BRACKEN/THE CANADIAN PRESS

ECONOMY

Stimulus more important than falling credit rating: Ceci

Alberta Finance Minister Joe Ceci says the NDP government's plan to inject fiscal stimulus into the province's economy is more important than its fallen credit rating.

Ceci addressed the Calgary Chamber of Commerce today, days after DBRS downgraded Alberta's triple-A credit rating to double A.

He said the credit downgrade was a disappointment but it would take "draconian cuts" to restore it.

He said the NDP's plan to stimulate growth will help address future budget shortfalls, with a balance budget expected by 2024.

Last Thursday, Ceci tabled a budget that forecasts a $10.4 billion deficit this fiscal year, driven largely by plunging oil revenues.

He reiterated today his commitment not to introduce a provincial sales tax to balance the budget, a statement that drew tepid applause.

Afterwards, in response to questions about the possibility of bringing in the tax, he said the government's promise not to do so is "iron-clad." THE CANADIAN PRESS

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TECHNOLOGY

Video game and tech firms score tax credit

Aaron Chatha
Metro | Calgary

Alberta investors now have more incentive to look outside traditional industries with a 30 per cent tax credit, announced Monday by the Alberta Government.

Beginning in 2017, it will provide $90 million to eligible investors over two years, for industries that typically face more challenges getting capital in Alberta. This includes information technology, clean technology, health, post-production, visual effects, digital animation and video games.

Justin Luk, director on the Calgary Game Developers board, said the announcement is super exciting. He said Calgary has no lack of people with money to invest, but convincing them to put that capital into a video game is a daunting task.

"Because investors haven't seen a lot of success in games from Calgary, there's not a lot of incentive to jump on it," he said.

However, a few local game developers are pushing out their projects onto larger online platforms in the coming month, so when 2017 rolls around, there might be a few more success stories for investors to look at.

"Once we have that experience under our belts, it will be all the more attractive for investors to say, 'Hey, those guys already did it when they had no money. Let's see how far they can go with some money,'" Luk said.

It is still unclear how the $90 million will be divided between the different industries.

Deron Bilous, Economic Trade and Development Minister, said the Alberta Investor Tax Credit and the Alberta Jobs Plan will help create jobs and diversify the economy. It will help channel capital to non-traditional sectors.

Justin Luk said the tax incentive will help attract investors to non-traditional industries, like video games. METRO FILE

COUNCIL

City's property tax to increase by $15

Helen Pike
Metro | Calgary

Calgary city council has approved a 3.5 per cent tax hike for property taxes, but after the provincial budget was passed Calgarians may notice their tax hike sitting at about a 6.1 per cent difference.

Property taxes have always been made up of two separate taxes, one paid to the city, and one to the province. The province's piece of the pie makes up about 40 per cent of your bill, and the city's chunk is 60.

"The province's take of the property tax has gone up quite a bit," said Mayor Naheed Nenshi.

The increase isn't calculated on last year's bill, but rather it's gathered from a "revenue neutral bill."

Nenshi said for the average house, Calgarians can expect to pay $12 to $15 more, with a majority of the money going to the province.

Next week, council will pass a finalized property tax hike.

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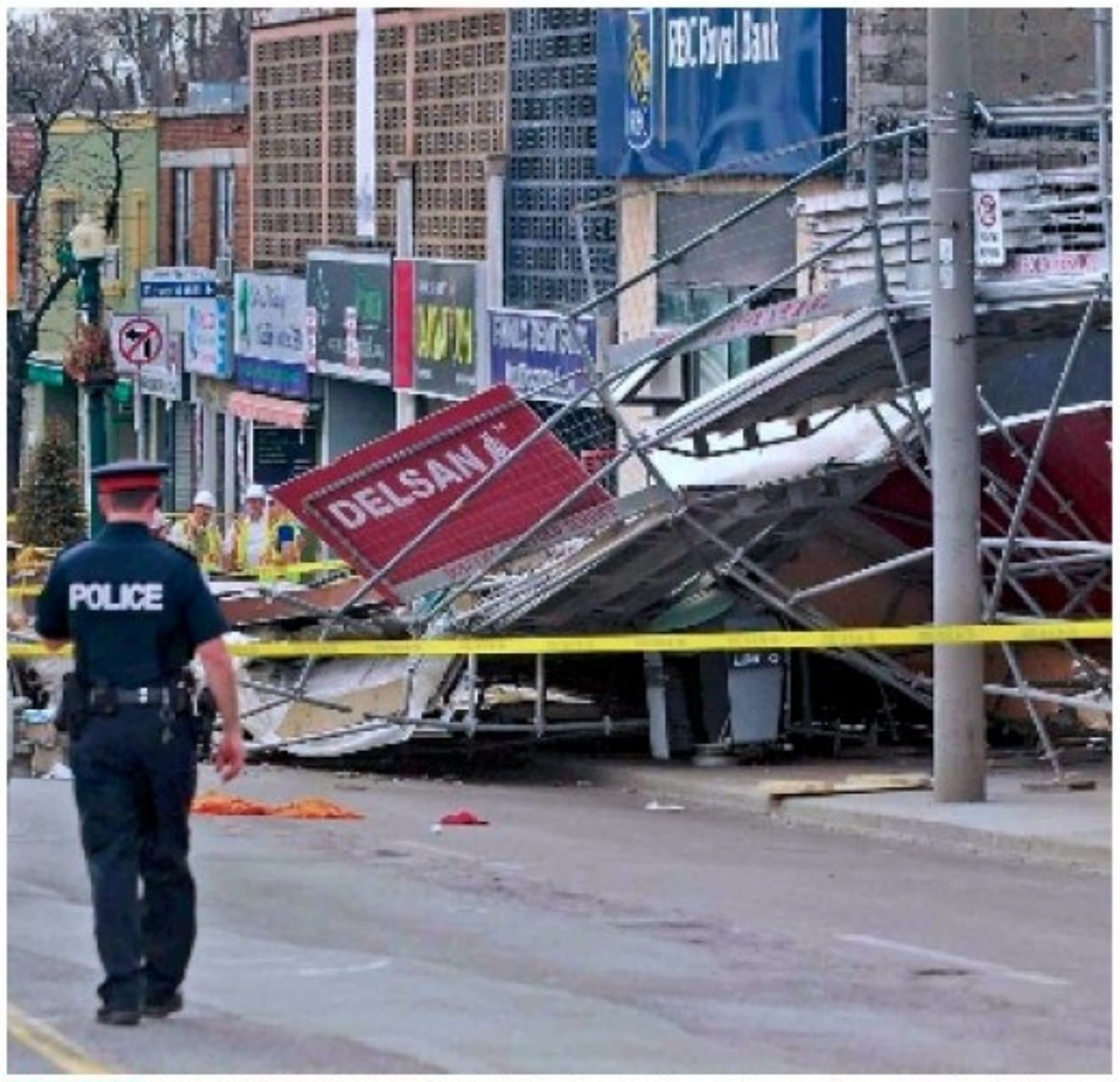
TRANSFORMATION THROUGH EDUCATION



COLLAPSE A NARROW ESCAPE FOR MANY A view of the wreckage after part of a building and its scaffolding collapsed in Toronto on Monday. Seven people including a baby narrowly averted serious injuries on Monday afternoon as scaffolding came tumbling down to the streets of one of the city's most bustling neighbourhoods. CHRIS YOUNG/THE CANADIAN PRESS

Answers sought in Attawapiskat

FIRST NATIONS

Youth questions minister on the conditions seen in the reserve

Rebecca Hookimaw, 17, is comforted by family and friends as she talks about trying to commit suicide in the First Nations reserve in Attawapiskat, Ont., on Monday. NATHAN DENETTE/THE CANADIAN PRESS

A young man in the troubled First Nation of Attawapiskat asked the federal indigenous-affairs minister on Monday why his community was living in Third World conditions while Canada is greeting refugees with open arms.

Robert Sutherland was among several youths to express frustration to Carolyn Bennett over the lack of basic supports so desperately needed by those in his James Bay community.

"Tell me why we First Nations live in Third World conditions," he said during a meeting with Bennett and other officials.

"Why is it so easy for the government to welcome refugees and offer them first-class citizenship in our country?"

Attawapiskat has been rocked for weeks by numerous attempts by young people to kill themselves.

The public youth council session followed a private two-hour meeting with Bennett, activist New Democrat MP Charlie Angus and Attawapiskat Chief Bruce Shisheesh, who also made his frustration plain.

Bennett was able to commit to a new, properly equipped youth centre as well as some programming for young people, a key demand in the isolated northern Ontario reserve.

In addition, a youth delegation from across the region will be invited to Ottawa.

THE CANADIAN PRESS

HELLS ANGELS

Boxer-turned-biker shot while riding his motorcycle

Phil Boudreault suffered injuries to his back and a lung. YOUTUBE

A former Olympic boxer who is now a high-ranking member of the Hells Angels is in stable condition in hospital after he was shot outside Montreal on the weekend.

Phil Boudreault, 41, of Sudbury, suffered injuries to his back and a lung after he was shot Saturday morning while riding his motorcycle near Lachute, Que.

The Sûreté du Québec would not confirm the name of the victim, but Sgt. Marc Tessier said, "It was an attempt on (the motorcyclist's) life, for sure."

At least one gunman opened fire from a vehicle that pulled alongside him. A source said that Boudreault shielded his girlfriend, who was also on the motorcycle. Tessier said that two men were seen leaving the scene in an older model, blue-grey SUV.

Boudreault was en route to a motorcycle show in Laval when he was shot, around 10.30 a.m. Saturday. He was found lying in a ditch on Bethany Road near Lachute. A witness reportedly heard 10 to 15 shots.

Boudreault was riding with someone on a second motorcycle at the time of the attack. That person was unhurt, Tessier said.

Boudreault came within one victory of a bronze medal in the light-welterweight division at the 1996 Olympics in Atlanta, where he was nicknamed The Sudbury Sensation.

He later had some professional fights and also competed in mixed martial arts.

Boxing promoter Tyler Buxton said Boudreault had the potential to fight for a world title but took too long to turn pro.

"If he would have turned pro in 1995, he could have easily fought for a world title," Buxton said.

When Boudreault turned pro in 2008, he quickly won his first five bouts with precision punching and an ability to switch from orthodox to a southpaw stance.

"He was accurate," Buxton said. "He hit hard. He was very easy to work with. Just a likeable guy."

In the biker world, his nickname is "Crazy," which he has tattooed across his stomach. He has "HARD" tattooed on the knuckles of one hand and "CORE" tattooed on the other.

TORSTAR NEWS SERVICE

Grief-stricken Ecuadorians continue to search for loved ones through the rubble, as many others mourn the dead. THE ASSOCIATED PRESS

Losses piling up amid the rubble

EARTHQUAKE

At least 350 people dead, including two Canadians

It was supposed to be a family reunion to celebrate a young relative's start of college. But the gathering ended in tragedy when a collapsing building crushed 17-year-old Sayira Quinde, her mother, father and toddler brother in their rusting car.

A grief-stricken aunt, Johana Estupinan, now is making the longest journey of her life in a funeral hearse to the town of Esmeraldas, where she will bury her loved ones and break the news of the loss to her sister's three now-orphaned children.

As Ecuador digs out from its strongest earthquake in decades, tales of devastating loss are everywhere amid the rubble. The 7.8-magnitude earthquake left a trail of ruin along Ecuador's normally placid Pacific Ocean coast, buckling highways, knocking down an air traffic control tower and flattening homes and buildings. At least 350 people died, including two Canadians, and thousands are homeless.

President Rafael Correa said early Monday that the death toll would "surely rise, and in a considerable way."

> **The Ecuadorean spirit knows how to move forward.**
> President Rafael Correa

Portoviejo, a provincial capital of nearly 300,000, was among the hardest hit, with the town's mayor reporting at least 100 deaths. The Quinde family drove there from their home hours north up the coast to drop off Sayira at Estupinan's house a week before she was to start classes at a public university on a scholarship to study medicine.

"She was my favourite niece," Estupinan said, emotionally torn apart after waiting at the city's morgue for hours. "I thought I was getting a daughter for the six years it was going to take her to earn a degree."

Estupinan watched as her loved ones were loaded onto a truck-sized hearse for the nighttime drive, the three older ones in dark mahogany coffins and eight-month-old Matias in a casket painted white. "It was supposed to be a short moment of family happiness but it converted into a tragedy," she said.

The quake knocked out power in many parts along the coast and some who fled to higher ground fearing a tsunami had no home to return to, or feared structures still standing might collapse. The country's Geophysics Institute said it recorded 230 aftershocks, some strong, as of Sunday night, in the hardest hit towns and fishing villages.

THE ASSOCIATED PRESS

BRAZIL

Rousseff's future in doubt

President Dilma Rousseff on Monday appeared on the verge of losing office after a congressional vote to impeach her and signs suggested only tenuous support for her in the Senate, which will decide whether to remove her amid a political and economic crisis.

The 367-137 lower house vote in favour of impeachment late Sunday sent the issue to the Senate, where 45 of the 81 senators have indicated they will vote to hold an impeachment trial, according to local reports.

If a majority of senators vote to put Rousseff on trial, she would be suspended while Vice-President Michel Temer temporarily took over.

Under the complicated guidelines of the impeachment process, it could be a little more than 10 days until that vote is cast and a minimum of 40 days until the Rousseff's fate is decided. However, the speed of the process also depends on the political will of Senate leader Renan Calheiros, who could potentially drag the eventual trial and final vote out for months.

Speaking at a news conference Monday, Rousseff said she would not be stepping down.

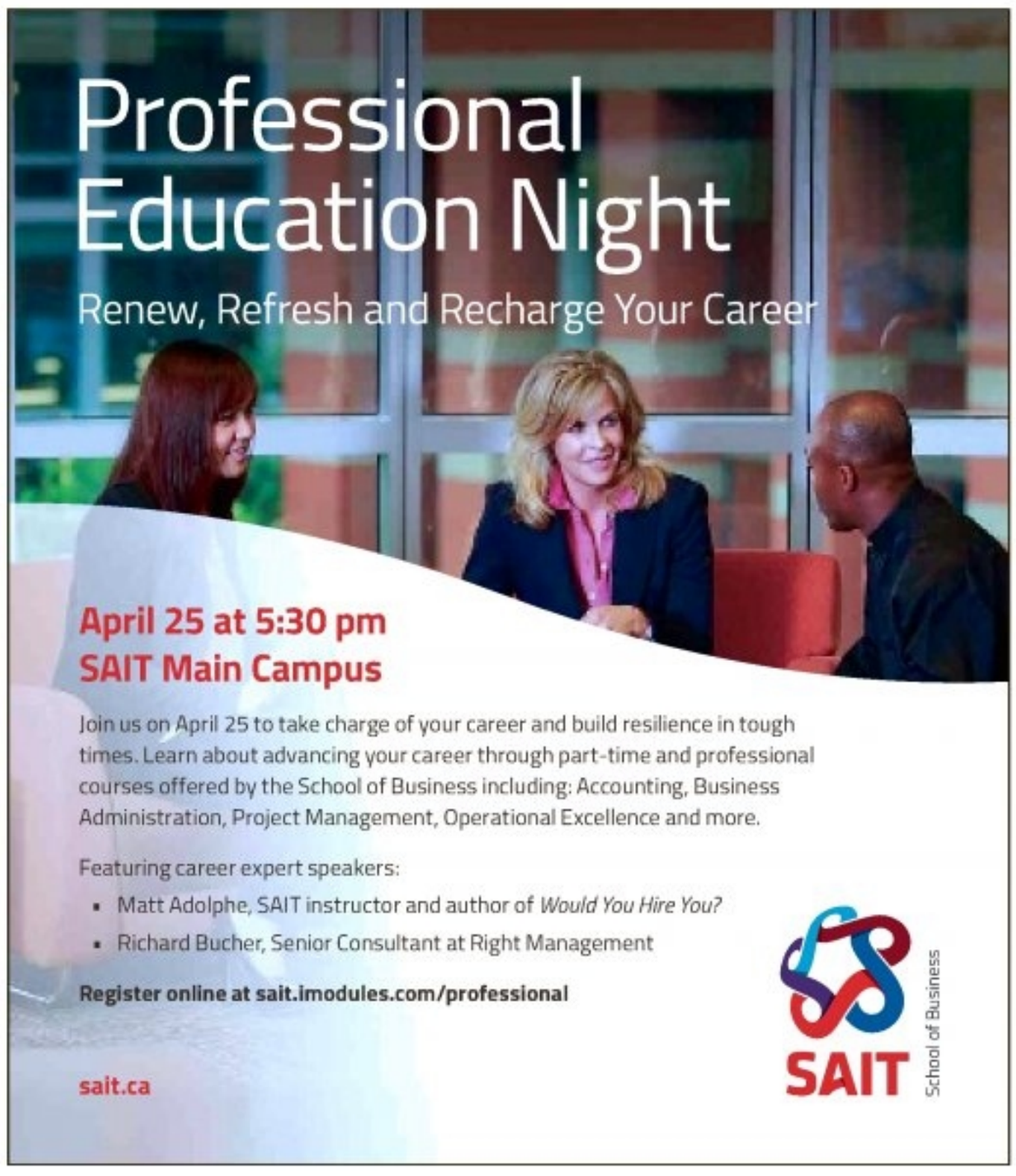
Anti-government demonstrators watch the vote count. THE ASSOCIATED PRESS

"I have the energy, strength and courage to confront this injustice," she said, while also accusing Temer of conspiring against her.

The lower chamber's vote worsened the confusion over the political landscape in Brazil, which also is struggling with its worst recession in decades and a big corruption scandal while it prepares to host the Olympic Games in August.

The impeachment vote has deeply divided Brazilians, tens of thousands of whom demonstrated in front of Congress and in cities nationwide during the vote.

Many hold Rousseff responsible for everything from the devastating recession to chronic high taxes and poor public services. At the same time, a broad swath of the population attributes tens of millions of poor Brazilians' rise from destitution over the past decade to Rousseff's Workers Party and decried the vote as anti-democratic. THE ASSOCIATED PRESS



Turo arrives in Canada

SHARING ECONOMY

Company lets you rent your car out to other people

Want to ride off into the sunset but don't own a car? Worry not, there's an app for that. ISTOCK

Move over Budget and Enterprise, get ready to compete with just about anybody who wants to use their vehicle to make some extra cash. Turo, a San Francisco-based company that is best described as an Airbnb for cars, has just launched in Canada.

The concept is simple. The company helps people rent their cars to strangers. Turo started out as RelayRides in 2009 and operates a peer-to-peer car marketplace, that has rented thousands of cars for over 1 million days throughout its short history.

"Our mission is to try to put the world's cars to better use," says Andre Haddad, Turo's CEO.

Canada is the company's first international expansion and the service will only be available in Ontario, Quebec and Alberta. As well, Canadians must be existing customers of Intact insurance or its subsidiary, Belair Direct. Intact has struck a deal to provide up to $2 million in commercial insurance for Turo users.

"Consumers want to participate in services like Turo," says Stephanie Sorensen, director of external relations for Intact. "We want to ensure that insurance coverage is available."

Turo creates a profile of the vehicle that is available on Turo's website and app, with photos and information about the cost. Users have their choice of vehicles and afterward both sides can review and rate the experience. Both users and owners have to go through a screening process before being able to use the service.

For drivers, Turo has no membership fees and all they need to do is sign up. For people who would like to rent their cars, the vehicle needs be to less than 10 years old and have less than 150,000 kilometres on the clock, with some exceptions. There are more than 800 models available for rent, and drop off and pickup is often included.

Many users praise the personal connection created between owners, users and their vehicles. Haddad has rented several on the service, including a 2006 Porsche that he says been used for several special occasions.

Turo offers a dynamic pricing model that suggests what users can charge, but the car owner ultimately decides how much. Turo takes a 25 per cent cut. The company initially offered short-term rentals, but has found the longer term rentals are more popular and focuses on them. On average, cars are rented for five days. Turo claims that prices are generally 30 per cent lower than traditional rental car companies, and that the average active user who rents out their car makes US$600 a month.

$600 US
The amount of money an average active user who rents out their car makes

Insurance has been an issue. The company paid over $200,000 in fines to New York state because of violations of insurance laws including false advertising and unlicensed activity. New York is the one state in the U.S. where Turo does not operate.

Josh Bilerman, who owns a web design company in Montreal is a Turo fan. He enjoys the convenience of dealing directly with the car's owner and making arrangements for pickup and drop-off.

"That flexibility has been way better than dealing with the hassle at rental car counters," he says. TORSTAR NEWS SERVICE

RETAIL

Le Chateau to close up more shops

Fashion retailer Le Chateau plans to close about 40 additional stores across Canada over the next three years even as it hopes to swing to its first profit in six years in 2016.

The Montreal-based company has been shuttering underperforming stores and renovating others as it "recalibrates" in the face of growing online purchases. It closed 11 stores in the last year to reach 211 locations and plans to close another 14 in 2016. By early 2019, Le Chateau expects to shrink its retail network to about 171 stores.

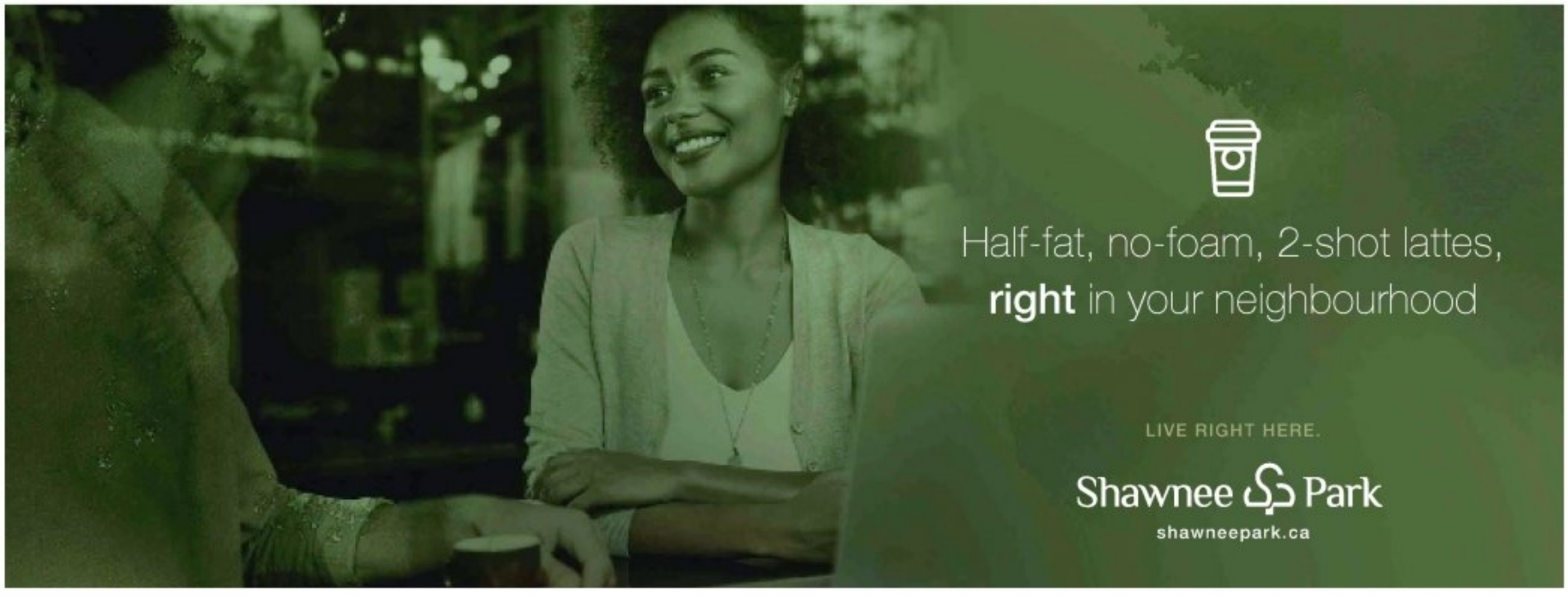
Le Chateau declined to say how many of its 2,400 employees might lose their jobs, saying most will be absorbed into nearby stores or be eligible to work in its the growing e-commerce operations.

Franco Rocchi, the retailer's senior vice-president sales and operations, said some stores identified for closure at the end of their leases may get a reprieve if they can negotiate lower rents or the shopping centres where they are located improve.

Le Chateau expanded in the 1980s and 1990s, but like many retailers has been adjusting to a change to online shopping.

"Today in the post-digital world, your brand is as close to everybody as their cellphone, so having all this real estate...isn't necessary anymore," Rocchi said in an interview.

The chain lost $35.7 million for the 12 months ended Jan. 31, compared with a $38.7-million loss a year earlier. Sales decreased 5.3 per cent to $236.9 million, as same-store sales slipped 1.9 per cent. THE CANADIAN PRESS



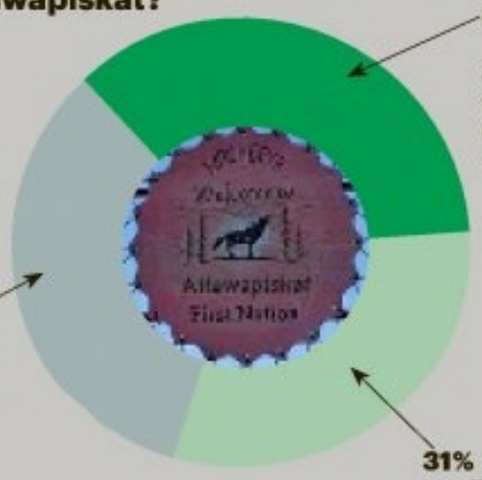
metro VIEWS
Your essential daily news
Tuesday, April 19, 2016

METRO POLL

Attawapiskat: What should be done?

Watershed moment or same old story?
Eleven suicide attempts in northern Ontario's Attawapiskat First Nation on April 9. Five more last Friday. Some 100 such attempts in this calendar year alone. Much of the country remains gripped by the fallout of the crisis: sit-ins, emergency parliamentary debates, cabinet-minister visits, promises of mental-health funding. We asked Metro readers how they rate the government response to the situation.

1 Has the government done enough for Attawapiskat?



2 Rank these seven choices in order of what you see as most needed by First Nations:

1. More funding
2. Better infrastructure, e.g., drinking water
3. Better amenities , e.g., libraries, youth centres
4. A visit from Prime Minister Trudeau
5. A federal inquiry
6. More civil services, e.g., mental-health resources
7. For their young people to move away

WE ASKED Metro readers

- The response is merely a Band-Aid.
- Where are elders and chiefs in all this?
- We've never made indigenous people a top priority. The time is now.
- Progress isn't made fast enough to keep a furtive press interested, and it falls off the front page.
- They should've benefited from De Beers mining by now and from the hunger strike of Chief Spence. Something isn't right.
- The government has given support to help this community to help manage depression. The people need to figure this out for themselves.

visit metronews.ca
HAVE YOUR SAY

Province persists in risky revenue strategy

KLASZUS' CALGARY

Jeremy Klaszus

With the NDP budgeting a $10.4-billion deficit, many are nostalgic for that time former premier Ralph Klein gleefully waved aloft a placard declaring Alberta's debt "PAID IN FULL."

How things have changed since 2004.

Even so, the NDP budget reflects Klein's legacy in at least one way. The province's reliance on gambling revenue is firmly intact, despite years of opposition parties, including the NDP, protesting this questionable arrangement.

This year, Alberta's gambling revenue is forecast to sag a bit, but at $1.45 billion, it's set to exceed oil and gas revenue ($1.36 million).

Governments never call it "gambling," of course. That word's too suggestive of the ethical dubiousness of profiting from the misfortunes of down-and-out Albertans.

They prefer "gaming," a more sanitized word.

Gaming is yelling at friends over Settlers of Catan. Gaming is building things in Minecraft.

Gambling, on the other hand, is an activity that ruins many lives. But, as a society we're kind of OK with that, since it brings in piles of money not only for the government but also for First Nations and charity groups.

Gambling in Alberta expanded greatly under Klein in the 1990s, with government revenue from the vice skyrocketing thanks to the controversial introduction of VLTs and slot machines in casinos.

Now, more than ever, the gambling budget line looks appealing. It accounts for 3.5 per cent of revenue in the NDP budget, and in tough times, every little bit helps.

Perhaps no one has articulated the dark side of Alberta's gambling addiction as well as Rachel Notley herself did shortly before her party swept into power last year.

"We need to have a revenue system that is not premised on the exploitation of vulnerable Albertans and their families," Notley told the Calgary Herald at the time.

The same is true for non-profit groups, who rake in lots of money through the same system.

Many an Albertan has experience with "doing a casino" in order to raise money for community causes. Everyone from sports clubs to school councils do them.

Volunteer for a shift, count some cash, eat some candy bars and you've helped the organization a great deal.

Your group can make in excess of $75,000, or the equivalent of hundreds of bake sales.

As fundraising goes, it's ridiculously efficient. With so much money on offer for so little effort, community groups rely heavily on casinos.

The NDP has steered clear of reforming any of this, which is deeply entrenched and therefore politically safe.

Cutting off gambling revenue and offsetting it with a sales tax would cause a political uproar, one the NDP has decided it can't afford.

So things will continue as normal, with the gambling machine in full swing.

And volunteers will continue putting in their casino shifts, with many feeling queasy about making money for good causes through the addictions of others.

Jeremy Klaszus is a freelance journalist and stay-at-home dad.

ROSEMARY WESTWOOD

In saying their names, victims demand to be reckoned with

Linda Redgrave.

Now, then — now that you know her name — are you listening?

Is her story — that of Complainant No. 1 in Jian Ghomeshi's sexual assault trial; that of a woman allegedly yanked hard by her hair and punched in the head three times; that of the woman in the bikini photo so desperately sought by the press — more believable to you now? Do you think she's brave? Or do you smell a PR move and a book deal?

After revealing her identity in a blog post on Monday, Redgrave says she's ready for both "the good and bad." She's coming forward to change how the legal system deals with sexual assault complainants. She writes: "I'm doing it because the current method of trying a sexual assault case by attacking victims who cannot defend themselves is barbaric."

She's started a website to help survivors navigate that system. She's going to advocate for change. She thinks that coming out and naming herself will give her more power.

It does. And other women know it, too.

Writing in the National Post on Monday, Conservative MP Michelle Rempel rips into "everyday" sexism in politics, and demands (rather hopefully) that sexists themselves, not their targets, be the ones to change. She uses her own name. She describes typical harassment (one MP is "turned on" when she's direct).

For sexual assault, it has become a tactic in vogue. Around the Ghomeshi trial, newspapers were printing first-hand accounts of sexual assaults by women who wanted to be named. Other women were tweeting their abuse. They were individualizing their experience in order to authenticate it. By specifying themselves, they forced a specific reaction.

For evidence of how powerful that can be, see Alberta MLA Maria Fitzpatrick's story of beating, rape and threats at the hands of her then-husband. Her speech at the legislature garnered national media, and led to the rare unanimous passing of a private member's bill on domestic violence.

But while you can elicit a potent reaction, you can't control its sentiment. Example: Americans are reliving, via a new film, the evisceration of Anita Hill, a black aide to a Supreme Court nominee, who was vilified in the 1990s for testifying to his sexual harassment.

Similarly, since Redgrave and Rempel have come forward, anonymous Twitter eggs and online commenters have piled on the vitriol, mostly just keen to let the Internet know, "I don't believe these women!"

But then again, on the plus side: They've been heard.

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metro LIFE

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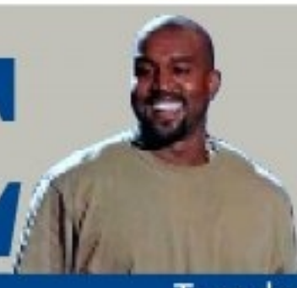
Tuesday, April 19, 2016



Fan sues Kanye West and streaming service Tidal for allegedly duping users into subscriptions based on promise of being exclusive outlet for West's new album.

Are your kids getting vitamin N?

As children spend more time in the digital world, nature is even more important for improving mental and physical health, says Richard Louv. PHOTOS: COLE BURSTON/FOR TORSTAR NEWS SERVICE

NEW BOOK

Antidote to modern malaise is nature says popular author

Richard Louv coined the phrase that captures the disconnect between modern kids and the outdoors. "Nature-deficit disorder" was how he described the phenomenon in his landmark book Last Child in the Woods.

A decade after naming the problem, the California author and outdoorsman is promoting another catchy term, this time for the cure — regular doses of nature.

He calls it Vitamin N.

Research has exploded in the last few years showing that time spent in green space is good for brains, bodies and souls.

It is believed to improve mental and physical health, cognitive skills, sensory development and learning.

As children spend more hours in the digital world blocking out their senses to focus on a screen, nature is more important than ever as an antidote, he argues in his new book Vitamin N: 500 Ways to Enrich the Health and Happiness and Your Family and Community.

"There's no precise prescription," the California-based author explained in an email interview.

And it doesn't have to be complicated.

"Some experience in nature is better than none, and more is better than some."

While Louv grew up in an era when kids roamed free and the only screens were on televisions, Louv's not anti-tech.

His book includes an array of ideas for bringing technology to the outdoors and vice versa.

His ultimate form of multitasking?

Straddling both the digital world and nature to develop what he calls "a hybrid mind."

TORSTAR NEWS SERVICE

DO IT YOURSELF

Tips for fitting in more nature

Try some of these activities with your family

1 Put nature on the calendar

Family life is hectic these days. For many, the only way to actually make sure there's time to go for a hike, a picnic or even hang out in the backyard is to book it as you would a soccer game. Think of it as the family equivalent of a date night.

2 Be the guide on the side

When outdoors with kids, back off. Let them follow their own noses, whether it means collecting sticks, jumping in mud puddles or climbing an embankment, without always directing their play. Encourage them to ask questions and figure out answers, even by looking them up later. Be curious observers with a sense of wonder alongside them.

3 Enliven the senses

We used to talk about five senses. Now researchers have identified as many as 30. Awaken them by focusing on one at a time and blocking out the others. Have kids travel on their bellies for a closeup view of the earth. Use a paper "sniffer cup" for smelling natural objects like pine needles or wildflowers. Go barefoot. Cup your ears to focus on "seeing" the environment through noises. Stick out your tongue to taste the breeze.

4 Seek positive places with negative ions

Natural settings with plant life and water — beaches, streams, waterfalls — tend to be rich in molecules called negative ions. You can't see or smell them, but when they're inhaled and reach the bloodstream, negative ions are known to boost serotonin levels, which, in turn, alleviates depression.

5 Bathe in the forest

Forest bathing or shinrin-yoku, as the movement is known in Japan, is based on evidence that a relaxed walk in lush woods has measurable calming and restorative benefits. It's a healthy retreat from the pollution of city life.

6 Discover the art of nature

Pressed leaves and flowers, sculptures made of sticks and rocks, daisy chains, painting with mud or the juices of wild berries and nuts. Let the imagination go wild.

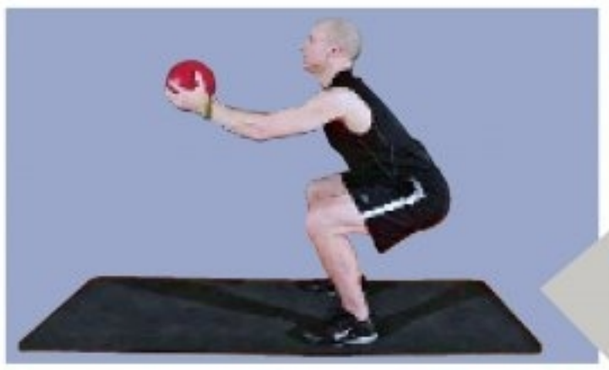
5 EXERCISES TO SWITCH INTO YOUR WORKOUT

Been doing the same sit-ups for years and feeling uninspired? Here are five exercises to skip and what moves you should adopt instead, as recommended by master trainer Barry Samuel. TORSTAR NEWS SERVICE

Lay off the moving lunges

Skip: travelling lunges
Moving across the floor when doing lunges can put knees, hips and ankles at risk, says Samuel.

Adopt: lunges in one place
"Replace that with a lunge in place," Samuel says. He recommends anchoring yourself with the wall or a chair. "Do it in place, where you're lowering your body and being careful to keep the hip, knee and joints at a 90-degree angle, tracking so the knee doesn't go too far inward or out."



Say bye bye to the barbell

Skip: barbell squat
This move may look tough, but it can also put shoulder joints at risk if not done correctly, Samuel says. "What's problematic about barbell squats is people aren't in the habit of getting their spine in an upright position," he adds.

Adopt: squat with a ball
A weighted medicine ball will do and leads to a "more natural" pose that still works the back, spine and shoulders muscles.

Pitch the pull-ups

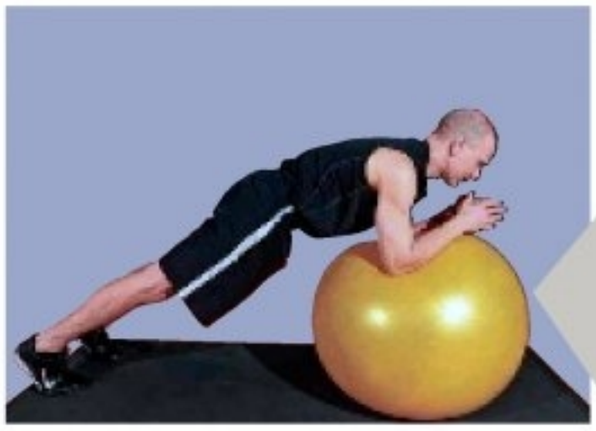
Skip: chin-ups and pull-ups
Samuel says the problem with these exercises is people tend to use a lot of momentum to swing themselves up and lose control. "Cheating often is where you leave yourself vulnerable to serious injury," he says, noting shoulder joints are at risk.

Adopt: TRX suspension or strap
Samuel recommends using a TRX suspension strap anchored to the ceiling. It's a similar movement that works upper and lower back muscles. "There's some co-ordination required with it, but it's still not as intense as if you're trying to do a pull up," he says.

Stop straight leg lifts

Skip: straight leg lifts
Doing straight leg lifts puts "a lot of stress" on the lower back, Samuel says. "You're also recruiting from your hip flexor group ... and you're not really getting a lot of benefit in the lower abdomen."

Adopt: crunches with knees at 90 degrees
This removes stress on the pelvis and lower back while engaging your abdomen. "By bringing your knees closer to your chest you're removing that stress and you're also not going to be working the hip flexors."



No more sit ups

Skip: sit ups
Think this is the best way to a six-pack? Samuel warns it's easy to lose control with this common exercise and it could put your neck and spine at risk for injury.

Adopt: plank
This borrowed-from-yoga move focuses on the abdomen and core, while being more controlled than the sit-up. "You're just trying to streamline the body, you're not bouncing around," Samuel says.

Float your way to trickier yoga poses

FLOATING
Try out new strength-focused yoga poses in water to give your body a sense of the actions and a taste of the full expression of the exercise.

DRIFTWOOD POSE

Weightlessness of water can help with your practice

YuMee Chung
Torstar News Service

It's been said that swimming is the next best thing to flying, so if you're working on a yoga pose that could benefit from a little more buoyancy, why not take to the water?

The following is a virtually weightless version of Staff Pose you can try in a kiddie pool, shallow surf or even your bathtub.

Driftwood Pose

1. Sit upright in shallow water with your legs outstretched and palms resting on the ground close to your sides. If the heels of your hands don't quite reach, come up onto your tippy fingers.

2. Lift yourself completely off the ground by pressing down with the hands. Do your best to keep the pelvis upright and aligned with the hands, rather than tipped backwards and shifted out in front of the hands.

3. Lift your right foot as high as you can above the surface of the water without allowing your left foot to touch down or get heavy. Hold steady for a few breaths before changing sides.

Driftwood pose is a great way to strengthen your shoulder-core and hip flexors as you prepare for high-flying poses like handstands.

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of several yoga teacher training programs and leads international yoga retreats. Learn more about her at padmani.com.

YuMee Chung demonstrates Driftwood Pose. TORSTAR NEWS SERVICE

Depp, Heard apologize to court over dog debacle

GOSSIP

Bond sentence ends year-long legal issue for celebrity couple

Johnny Depp and Amber Heard submitted a video apology to an Australian court on Monday. THE ASSOCIATED PRESS

Actor Johnny Depp's wife Amber Heard pleaded guilty Monday to providing a false immigration document when the couple brought their two dogs into Australia last year, but she managed to avoid jail time over what was dubbed the "war on terrier" debacle.

Prosecutors dropped more serious charges that Heard illegally imported the Yorkshire terriers, Pistol and Boo, into the country while Depp was filming the fifth movie in the Pirates of the Caribbean series. A conviction on the two illegal importation counts could have sent the actress to prison for up to 10 years.

Depp and Heard said little to the waiting throng of reporters and fans outside the Southport Magistrates Court on Queensland state's Gold Coast, but they did submit a videotaped apology to the court that was played during Monday's hearing.

It drew gibes online for the couple's grim, wooden appearance as Heard apologized and they both expressed support for protecting Australia's biodiversity, the aim of the strict quarantine regulations that were violated.

The drama over the dogs began last May, when Agriculture Minister Barnaby Joyce accused Depp of smuggling the tiny terriers aboard his private jet when he returned to Australia to resume filming the Pirates movie.

Bringing pets into Australia involves applying for a permit and quarantine on arrival of at least 10 days to prevent the spread of diseases such as rabies.

"If we start letting movie stars — even though they've been the sexiest man alive twice — to come into our nation (with pets), then why don't we just break the laws for everybody?" Joyce said at the time. "It's time that Pistol and Boo buggered off back to the United States."

Depp and Heard were given 72 hours to send Pistol and Boo back to the U.S., with officials warning that the dogs would otherwise be euthanized. The pooches boarded a flight home hours before the deadline expired.

The comments by Joyce, who is now the deputy prime minister of Australia, elevated what might otherwise have been a local spat into a global delight for comedians and broadcasters. One newspaper website ran a doggie death countdown ticker, and comedian John Oliver dedicated a 6-minute segment to lampooning the ordeal.

The false documents charge carries a maximum penalty of a year in jail and a fine of more than $7,650, but Magistrate Bernadette Callaghan sentenced Heard instead to a one-month good behaviour bond. The condition means she will have to pay a $1,000 fine if she commits any offences in Australia over the next month. THE ASSOCIATED PRESS

JOHANNA SCHNELLER
WHAT I'M WATCHING

Acoustic guitar delivers an electric moment

THE SHOW: Vinyl, Season 1, Episode 8 (HBO)
THE MOMENT: The guitar lesson

Punk singer Kip Stevens (James Jagger, son of Mick) is under pressure to deliver a hit song. He's in a record studio, but inspiration eludes him. "There are no more notes!" he complains to his manager, Lester Grimes (Ato Essandoh).

"Are you serious?" asks Lester, a former blues man.

"We tried every progression," Kip says.

Lester glares at him. "E. A. B," he says. "Give me the guitar."

Lester strums an E, an A and a B, and starts singing Maybelleine. Seamlessly, using the same three chords, the song becomes The Twist. He dirties the notes, and the song becomes Tell Me What I Say. He adds a pop rhythm, crooning, "In the summer time, when the weather is fine," and then, still seamlessly, segues into Playing in a Traveling Band — all using E, A and B.

OK! This is the kind of scene I've been waiting for from this series. With nine executive producers including Mick Jagger and Martin Scorsese, I had high hopes it would take me deep inside the music business of the 1970s. But too much of the action has gone up the nose of coke-addled record man Richie Finestra (Bobby Cannavale).

(I'm not the only one who thinks so, because series co-creator Terrence Winter was just let go.)

Richie claims that he's forever searching for music that lights you up from inside. Lester delivers that here. The guitar is acoustic, but the moment is electrifying.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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It's time to stop whitewashing movies

According to a report in ScreenCrush, Paramount used digital race retouching to try to make Scarlett Johansson look more Asian in Ghost in the Shell. The studio quickly scrapped the plan when the results were reviewed. CONTRIBUTED

GHOST IN THE SHELL

Asian film adaptations frequently cast white actors

Nick Patch
Torstar News Service

One of the newest tools in Hollywood's ever-expanding technological utility belt is using CGI to make actors look vastly different — younger, thinner, whatever — and this week, Ghost in the Shell's producers used that new technique to make themselves look very, very stupid.

According to a report in ScreenCrush, Paramount and DreamWorks responded to the outcry over hiring Scarlett Johansson, an actress of Polish-Danish heritage, to portray the manga series' Japanese cyborg cop star, Major Motoko Kusanagi, by tinkering with visual effects to "shift her ethnicity" toward looking more Asian.

Yes, Paramount wanted Scarlett to look less white — and now they're red-faced.

Sure, the studio rejected parts of the report — they say the test was conducted on a "background character," not ScarJo — but ScreenCrush's sources insisted that it was Johansson's character who was put through Lola VFX's digital race retouching.

The idea was rejected "immediately" after the results were reviewed.

But the fact that such a surreally insipid idea even made it that far is making people feel like they've been, well, cyberpunk'd.

"It's like (a) way to reduce race to mere physical appearance as opposed to say culture, social experience, identity, history," tweeted Fresh Off the Boat's comically gifted star Constance Wu in response to the story.

"...Or language, upbringing, story, food, community, customs, values ... I mean just such doper expressions than, uh, how someone looks?!?"

Macau American actress Ming-Na Wen, star of Agents of S.H.I.E.L.D., agreed. "Nothing against Scarlett Johansson. In fact, I'm a big fan. But everything against this whitewashing of (an) Asian role."

Of course, Ghost in the Shell has plenty of company in the pantheon of all-white-everything Asian adaptations, which now includes Dragonball Evolution (which starred Justin Chatwin), Speed Racer (Emile Hirsch) and the forthcoming Death Note (Nat Wolff).

Always vastly underrepresented onscreen, now Asian actors can't even find work playing Asian characters. Even when Hollywood specifically devoted an evening to its diversity problem at the Oscars, the issue was drawn down binary white/black lines.

In fact, one of the show's only acknowledgments of Asian faces came in the form of racist jokes from Sacha Baron Cohen and Chris Rock. Ghost in the Shell wasn't even the week's only example of Hollywood getting its hands dirty with whitewashing.

Observe the new trailer for Marvel's Dr. Strange and its casting of Tilda Swinton as the Ancient One, a character originally of Tibetan descent.

Weirdly, Dr. Strange's two-minute teaser is otherwise bursting with Asian clichés as old as Swinton's chrome-domed guru, including: a lavishly bearded Benedict Cumberbatch stumbling through the East (presumably in search of mystic enlightenment!); a sword-wielding warrior stalking a rain-slicked Asian streetscape; and a karate training sequence set in what appears to be a rejected Mortal Kombat tableau.

What the trailer doesn't feature, however, is a single Asian star. (The film's cast does include Benedict Wong playing — what else? — the doctor's sidekick, but he wasn't in the trailer.)

As this debate raged, meanwhile, it was hard not to notice that the weekend box office was ruled by The Jungle Book, a film starring the entirely unknown Indian-American child actor Neel Sethi, which crushed the competition with $103.6 million.

It's just more proof that a major film starring a non-famous person of colour can still wind up rolling in green.

LEARNING CURVE

CONSIDER COLLEGE ON TRAVEL BREAK

ISTOCK

More university graduates are following up degrees with a stint in college. Since the recession took hold, young Canadians have battled to find suitable jobs matching their credentials, so a good chunk of them shook off the unemployed blues and acquired skills. So, how easy is it to make that transition from university to college and how should you go about it?

If some time has passed since you finished university then embarking on a college course should provide an exciting change. However, if you have just completed your degree, Andrea Bartlett recommends a travel break as a developmental buffer. Bartlett, president of Ryerson University's students' union in Toronto, says a trip away encourages personal growth. "In my experience, people who have traveled are more grounded, humble, and understanding. These characteristics are important in the workplace, in an academic setting and in life in general, so I'll always recommend taking a travel break between studies. I do believe taking a even a mental holiday to re-charge is necessary to avoid academic burnout."

Stephan Guscott, vice president academic for the students' union at the University of Calgary, agrees. "First off you need to figure out why you want to go college after university," advises Guscott. "I'd encourage students to take a break and gain more life experience. Taking a chance this way can help you figure out what you like and what you don't like and where you want to end up."

Ask yourself questions like: Does money or job satisfaction make me happy? Or do I strive for them both? College will offer a different challenge to university in that the experience as a whole will probably be more hands on and less theory. This in itself could lead to shift in direction of what you would like to do.

The transition passage should be smoother if you know what you want to do. And topping off your degree with a college diploma or certificate can only improve your chances in the job market.

CONTRIBUTED

Ease into health-care career

The health-care aide (HCA) program at Columbia College is designed for individuals who seek a challenging and rewarding career in health-care services.

"Heath-care aides are a vital part of the health care team and are needed in order to deliver quality and efficient health care services," says Caron Pelletier, LPN, and coordinator, health-care aide program, Columbia College.

Columbia College's HCA program offers delivery model options that will hopefully meet the needs of the students they serve.

"The intent of the delivery options is to give students the flexibility and opportunity to continue working regular hours (Monday to Friday), or at an accelerated pace in order to be trained quickly and out in the workforce sooner," says Pelletier.

"Columbia College believes this will help students overcome barriers towards reaching their goals and gaining a valuable health care profession."

Students in this program will learn theory and skills associated with all patient ADL (activities of daily living) care in all types of care settings.

This would include assistance with bathing, dressing, feeding, toileting, lifting and transferring, measurement of routine vital signs and psychosocial needs as well.

"They will learn what is expected of them as a health care team professional and how to carry out their duties within the team," says Pelletier.

Columbia College offers two delivery options; part-time (25 weeks) and full-time (15 weeks).

For more information, visit columbia.ab.ca.

Flexible classes that fit your life

Most individuals have jobs, or family concerns, or often both, that will always take precedence on a day-to-day basis over everything else.

Sometimes, this can mean they are unable to make a traditional college structure work, preventing them from getting the education they need to get ahead in life.

"At Academy of Learning Career College, that student can find the time to get their studies done in between all the other demands on their life," says Charles Jarvis, general manager, Academy of Learning.

The flexibility of the Integrated Learning™ System also means that a student can work at their own pace, not having to keep pace with other students, and also being able to take more time on more difficult topics if they need, or moving quickly through material they can grasp easily.

This system uses workbooks, audio, video, and hands-on exercises, all facilitated by expert staff members on site and available for one-on-one support whenever the student needs it.

CONTRIBUTED

"This learning environment means that a student can plan their coursework around their life, instead of having to try to make all the other things they have to do fit into a class schedule set months in advance by a registrar," says Jarvis.

"Many Academy of Learning students have actually finished diploma programs weeks ahead of schedule thanks to the lack of structural limitations holding them back."

For more information about Academy of Learning, visit academyoflearning.ab.ca.

EASING TRANSITION FOR INTERNATIONAL STUDENTS

Adjusting to life in a new country can be difficult — especially when it comes to adjusting to the customs of a new work environment.

To help alleviate some of the challenges new Canadians face, ABM College now offers the international student program.

ABM College started its international student program in January, and since its start, it's been well received all over the world.

"Most of ABM's programs have a practicum component in it, so international students have classroom and lab training through Canadian instructors. Then they have practicum, which is workplace experience in a Canadian environment — all this will help these student to adjust in Canadian life," says Farooq Ahmad, manager, student affairs at ABM College.

"Last but not least, all international students are studying with local Canadian students and ABM is providing a lot of opportunities to students for social interactions like graduation ceremonies, student of the month, and Stampede parties."

ABM is offering four programs for international students, including medical office assistant and unit clerk, business administration, accounting and payroll, and massage therapy.

ISTOCK

Any student who has successfully completed their high school diploma, is over the age of 18, and written IELTS with minimum score of 5.5, is eligible to apply to ABM College.

ABM has also created a $100,000 scholarship for Syrian refugees, to help make their transitions into Canada a bit smoother.

For more information, visit abmcollege.com.

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CONTRIBUTED

Top massage college offers study options

Not all massage therapy schools are created equal — so not all massage careers are, either.

A good RMT has healing hands and technical knowledge — a balance that depends on the right education.

That's why people are increasingly selective when they look for RMTs.

This gives graduates of MH Vicars School of Massage Therapy a distinct advantage. Vicars School's strong reputation means its therapists are in high demand.

"Vicars is the school that I recommend the most," says Kip Petch, RMT.

Petch practices at the Active Life Centre in St. Albert, and works with professional and Olympic athletes.

"The last five or six therapists that I've hired have all been from Vicars," says Petch.

"They're very well prepared. I endorse it wholeheartedly."

Vicars is the only private massage college in Alberta to meet the Canadian curriculum standard, and the first college named to the Massage Therapist Association of Alberta's Approved School/Program list.

The Vicars program is specifically designed for mature students who need to balance school with their work and family responsibilities.

That's why they offer weekend-only, monthly, and once-a-week options.

"It was a joy to be part of a school like MH Vicars, which catered to someone like me who is a mother and a wife, and had a job on top of that," says Kerri Wagensveld, a 2014 graduate.

"When I go to my own clinic, I was very prepared."

Classes begin in May, June, and September in Calgary.

For more information, visit mhvicarsschool.com.

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she's teaching others to live their dreams too.
What's next for you?

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Making the leap to legal assistant

CONTRIBUTED

Robertson College graduate Chelsey Mehls pursued a career as a legal assistant because she wanted a job in a field that is always changing and where the ability to learn and grow is always present.

Mehls enrolled in the legal assistant program at Robertson College because the program came highly recommended by a number of her friends.

"Robertson College was my main choice for the legal assistant program because the diploma is achieved in a reasonable period of time, allowing you to get back into the work force quickly without being out of work for a longer period of time," says Mehls, legal assistant for Miller Thomson LLP.

After graduating in December 2015, Mehls got a job the following month.

When she enrolled, she was 31 years old and was scared to take the leap as she was very comfortable in her job with a well-known property management company and had great job security.

"However, I knew that there was more for me out there, and I had regretted not going to college after I had graduated high school," says Mehls.

"I knew that if I didn't do it then, that I probably would have never done it and would have just stayed comfortable."

For her, Robertson College was a breath of fresh air, and says she is forever grateful for everything she learned from the instructors there.

"They become your mentors, and life-long connections, even after the program," says Mehls.

"They prepared us for what we should expect working in the legal world and they have an abundance of first-hand experience."

She would recommend this program to anyone who is wanting a constant challenge in their career.

"In the legal field, you are faced with different types of work on a daily basis and you are constantly evolving and forever learning," says Mehls.

The next start date for this 44-week program is June 20.

For more information about this program, visit robertsoncollege.com.

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Great office skills in the career are a must, including Microsoft Office Suite. Medical office administrators also need to know specialized, hands-on skills that help them manage administration in a medical context.

They need to know their way around medical transcription, medical record-keeping and billing software. They work directly with patients too, administering basic medical tests.

The work requires a solid base of knowledge in the field of medicine, including human anatomy, diseases, pharmacology and medical terminology.

Practical experience is particularly important for medical office administration professionals. Employers seek workers who have the theoretical and practical experience and jump into the job with both feet.

CONTRIBUTED

If you're looking to get into this challenging and exciting field, the Medical Office Administration program at Reeves College is the place to start. It includes a medical practicum in a real-world setting that will help you hit the ground running in this challenging and rewarding career.

For more information, call 1-800-670-4512 or visit reevescollege.ca.

Get qualified as an installer

The McBride Career Group Inc. residential and commercial installers and servicers program (called 'installers') provides training in employability, installation methods and job search techniques to unemployed Albertans.

The program is a partnership between the Federal and Provincial governments, SAIT and McBride Career Group Inc.

"We are in our fourth year of operation and have trained and placed over 100 clients in many areas of work, including cabinetry, home building and renovation, office installation, counter top installation, storage systems, bathroom and kitchen installations and stairway installation," says Ed Britton, program coordinator, McBride Career Group Inc.

"We serve both long-time Calgarians and new Canadians provided they have permanent resident status and are unemployed or underemployed."

To enter the program, candidates are screened on the basis of training and background, health and fitness, financial capability, and having done the research and other preparation they need to enter the field.

CONTRIBUTED

"While the job market is skewed toward the supply side right now, there is still a healthy demand for qualified workers," says Britton.

Formal training gives employers a good reason to consider a graduate from among the dozens of applications received for a job posting.

"Graduates have a solid set of technical skills that are specifically selected to address current demands in the workplace," says Britton.

"Furthermore, graduates also benefit from six months of post training coaching to help them retain employment or to find new employment if they are laid-off."

For more information, call 403-777-5633, or visit mcbridecareergroup.com

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Study or work to make the most of summer

You're a student and summer is on the horizon. Three sunny, university-or-college free months await and you are wondering how to spend them. One side of you yearns to make money to maximize your enjoyment of the seasonal down time, while a more responsible side of you says more schooling is the correct path.

"The choice depends very much on the individual," says Andrew Arida, director of undergrad admissions at the University of British Columbia. "For some students getting a leg up on their courses isn't a bad idea. However if finances are important to your university life and future, then working is a good idea. It varies depending on the individual."

If you genuinely feel you need to study more then why not enroll in a summer course to sharpen up for the fall? On the other hand, some extra money will ensure a great summer and allow you some luxuries for the next year on campus.

ISTOCK

"Some students are early on in their degrees and not so keen to leave university in which case I'd recommend working," says Sahin Rahman, the students' union vice president academic of the University of Alberta. "However, some students are aiming to get out of university in a set number of years and sometimes taking courses over the summer helps them cut down on the courses they have to take in the academic year. But ultimately students come from a wide variety of backgrounds so the decision should be on a case-by-case basis," added Rahman. "For those anxious about what they are going to be focusing on after they graduate I'd encourage them to get work experience in their chosen field. This will give them hands-on experience in a field that they may or may not enjoy and help them pare down the types of opportunities they'll be seeking after graduation."

Whatever you choose in the end just make sure to err on the side of caution and put your studies first. Securing those qualification should be paramount in your world and an irresponsible, indulgent season shouldn't get in the way of that. However, if you are ahead in your studies then make that money and enjoy those long summer nights.

ISTOCK

GO DEEPER WITH YOGA THERAPY

The yoga therapy program is a unique offering at Mount Royal University Faculty of Continuing Education and Extension that connects the fields of science, research with the healing tradition of yoga.

"It offers yoga instructors the skills to work with clients who are seeking more optimum levels of physical ease and restoration, as well as, emotional and spiritual support and guidance," says

Robin Campbell, instructor in the Mount Royal yoga therapy program.

"It addresses the theory and application of the components of yoga for physical, emotional and spiritual health and wellbeing."

This program has been designed for yoga teachers who are seeking a program to deepen their knowledge and skills in therapeutic work.

Students will be equipped with the knowledge and skills to work with other professionals (doctors, physiotherapists, psychologists, etc) in a collaborative therapeutic manner.

As well, independently, working with clients either in a one-to-one basis or in a therapeutic group format.

The benefits of this program is that it offers a strong foundation in therapeutic work, that is holistic in including physical, mental, emotional and spiritual health.

"Yoga therapy is a rewarding career because it interweaves eastern yogic philosophy and practices with western research and science of health — it is looking at health from the broadest perspective and it will always evolve and grow," says Campbell.

CONTRIBUTED

"The field is an exciting area to be in and we continue to see scientists, and researchers who are turning towards yoga and meditation in seeking its benefits for health and wellness."

For more information, visit conted.mtroyal.ca/yoga.

Set your aviation flight dispatcher dreams soaring

CONTRIBUTED

The new aviation flight dispatcher course offered through the Faculty of Continuing Education and Extension at Mount Royal University has been designed for those looking to take off with a new career in aviation.

The aviation flight dispatcher course prepares the learner for the Transport Canada written exams in a hands-on, engaged, interactive atmosphere.

"To become a flight dispatcher with any charter, airlines or cargo air operator, the candidate must write the Transport Canada exam," says Sylvain Duclos, instructor/facilitator, aviation flight dispatcher course, MRU.

"The Transport Canada exam is free and to pass the exam, the candidate needs 70 per cent on both exams."

Once the course and the Transport Canada written exams have been successfully completed, a student/candidate can apply for flight dispatcher position with various Airlines anywhere across Canada.

Duclos says a career as a flight dispatcher is not geographically binding like some careers and is a profession like no other.

"You make all the decisions (in accordance with regulations and safety) and there is a real sense of accomplishment, and a real sense of a job well done," he says.

"The result of your actions and decisions are felt and seen right away, it is tangible."

The aviation flight dispatcher course duration is eight weeks, on Mondays, Wednesdays, Thursday evenings and during the day Saturday.

The start date for this course is Monday May 2.

For more information about this new program, visit conted.mtroyal.ca/aviation.

BALANCE STUDIES WITH RELAXATION

ISTOCK

Staying focused at school can be a challenge for many students. It's hard work meeting deadlines, studying for tests, dealing with the romantic distractions and generally just maintaining an alert presence throughout the year.

So what happens when the summer rolls around? You'd imagine partying or at least unwinding is on the minds of a large percentage of scholars, right? A dedicated student must maintain discipline and control throughout the alluring down time of the warmer months. "Stay involved in some way in activities that require problem solving, analysis and critical thinking," says Jenna Omassi, the vice president academic in university affairs at the University of British Columbia. "Doing this goes just as far to keeping a student engaged as taking a class during the summer."

Stephan Guscott, the vice president academic for the students' union at the University of Calgary, believes an overly academic-focused summer is not the answer. "I'd advise people to work and make some money. Take a break from the taxing academic year and refocus. Statistics tell us that many students work to pay for their housing or their school," says Guscott. "Also, working helps individuals to build people skills which are extremely valuable and they are what employers look for along with qualifications. Find a job similar to what you are studying so you can implement some of the things you've learned in university."

Remember, the brain is a muscle. Give it a workout by reading a book that relates to what you are studying. Maybe take some online brain training drills. Alternatively, set aside time to take a summer course in order to nurture your academic side in an intensive way so you can relax for the rest of the summer when it's done. Just don't throw away brain cells like confetti by partying the whole time. If your plan is a balancing act of enjoyment and study then all the power to those who can find that middle ground. Ultimately, students should enjoy their time off, that's what it is for. To recharge and rejuvenate the individual so that they are hungry to pick up those books come the fall. If you work all summer on academic, course-related matters you risk returning to university feeling frazzled, unsatisfied and frustrated.

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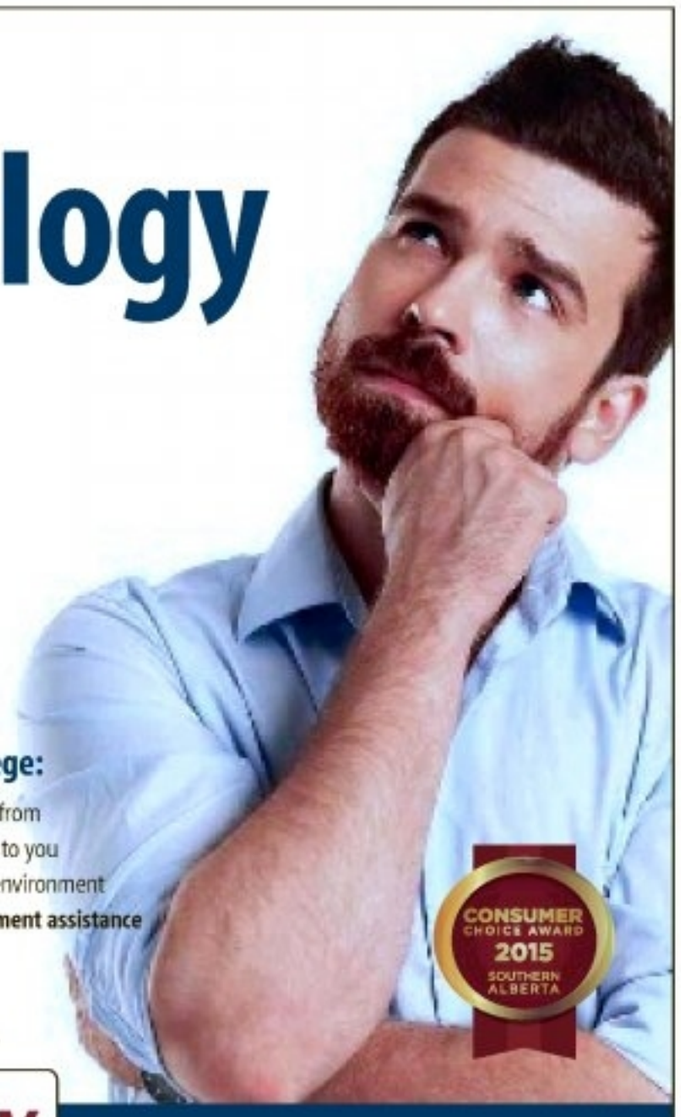

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New Heritage Centre heart of celebration

This year is set to be an exciting one for St. Mary's University.

Not only will St. Mary's celebrate their 30th birthday on Sept. 18, but they will also celebrate the addition of the new Heritage Centre.

"The new Heritage Centre will be a dynamic multi-purpose structure providing theatre and teaching space, function and gathering spaces and student meeting points," says Dr. Gerry Turcotte, president and vice-chancellor, St. Mary's University, Calgary.

"This will be the university's first new building in over a decade, and it is the result of three donor families whose support allowed us to move forward with this exciting project."

The building will connect with the 100-year-old water tower and heritage buildings, and will be open in time for the 30th birthday celebrations.

"The Heritage Centre will provide much needed space for our highly successful bachelor of education program," says Turcotte.

For students, the Heritage Centre not only provides state-of-the-art teaching and learning spaces, but also social space: areas to gather and eat or socialize.

It will include a new outdoor courtyard for events, additional spaces to meet and study, and a dynamic centre at the heart of the campus for clubs and events.

And just as important, the central space has been configured to accommodate the First Nations, Métis and Inuit programs and ceremonies.

St. Mary's has also recently introduced a new First Nations, Metis and Inuit (FNMI) program "Igniting the Fire".

"This is an arts-based foundation program that will invite Indigenous learners to engage with Indigenous art, theatre and traditional storytelling," says Turcotte.

"The goal of this is to create transformative possibilities where Indigenous learners can imagine a different story for themselves and the world around them."

The program will feature award winning actor and Cree performer Michelle Thrush, Telly James, an Indigenous performer and suicide prevention worker on the Siksika Nation, Crystal Many Fingers, a Blackfoot woman and lead instructor at the Center for Excellence in Foundational Learning at Bow Valley College, Tamara Lee-Ann Cardinal, Cree Artist, with Mike Lickers, instructor at St. Mary's University and Michelle Scott, St. Mary's First Nations, Métis and Inuit liaison officer, as facilitators.

For more information about any of these exciting new developments, visit stmu.ca.

UNIQUE PROGRAM FOR FASD SKILLS

Individuals with fetal alcohol spectrum disorder (FASD) may require extensive support and services related to health, mental health, social services, education and training, justice, addictions, and family supports throughout their lives.

The fetal alcohol spectrum disorder education certificate offered at Bow Valley College is designed for people working or interested in working with children and adults with fetal alcohol spectrum disorder.

"Alcohol spectrum disorder (FASD) is a preventable, lifelong disability resulting from prenatal exposure to alcohol that has no cure," says Dr. Aileen Wight Felske, coordinator, fetal alcohol spectrum disorder education certificate, BVC.

"Addressing FASD is a complex, multidimensional social and public health issue."

FASD is the umbrella term used to describe a range of disabilities that may include physical birth defects and health problems including developmental delays, learning disabilities, memory problems, as well as difficulties in communicating feelings and understanding consequences.

"FASD is a lifelong disability. A child with FASD grows up to be an adult with FASD," says Felske.

One of every 100 babies born in Canada is affected by FASD.

"Drinking alcohol during pregnancy may cause irreversible brain damage to an unborn child. No alcohol is best," says Felske.

This online certificate prepares students to provide quality care for individuals with FASD.

To help students develop the skills to help those with FASD, they will study addiction, the justice system, teaching and learning in the classroom, family support, job support, mental health, and more.

This program is highly suitable for graduates of BVC's diploma programs in practical nurse, early learning and child care, educational assistant, disability studies, addiction studies: Aboriginal focus, and justice studies.

CONTRIBUTED

This is the only program offered at this level in Canada, uniquely preparing students to assume responsible roles in the fields of health care, education, social and addiction services, judicial services, and supports for persons with disabilities.

The course starts in September with three online course choices (there are nine courses in the certificate — with one practicum).

It is delivered in three semesters, and learners can complete it part time over a three-year period.

For more information, visit bowvalleycollege.ca/FASD.

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If you've always been a great number cruncher, but you're looking for a new challenge in an office setting, a career in accounting and payroll administration could be for you.

The job involves mastering accounting concepts, including double entry bookkeeping, debits and credits, assets, liabilities, equities, journalizing transactions, posting of accounts to ledgers and preparing a trial balance.

Well-paid positions in the field include accounting clerk, tax return preparer, payroll officer and more. An accounting clerks in Alberta can make a median wage of $21.63 per hour.

Today's accounting and payroll administration professionals also have up-to-date software skills and information relevant to the job.

Current financial administration professionals have comprehensive training and experience in software including Microsoft Outlook, Word, Excel, Access, and PowerPoint, as well as specialized accounting software including Sage 50.

If you're looking for a place to start your path toward a career in this field, the Accounting and Payroll Administration diploma program at CDI College provides up-to-date skills and real-world experience that help graduates launch into rewarding careers in accounting and payroll administration.

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For more information, visit CDI College online at study.cdicollege.ca, or call 1-800-360-7186.

metro SPORT

Steven Wright left a bottle of pricey booze at Chris Colabello's locker-room stall a day after the Red Sox RHP beaned the Jays' 1B in the head

Capitals set up sweep

NHL

Ovechkin strikes twice as Philadelphia loses its cool

Alex Ovechkin scored twice, Braden Holtby had 31 saves and the Washington Capitals moved one game closer to a sweep in their first-round playoff series with a 6-1 win over the Philadelphia Flyers on Monday night.

The Capitals lead a series 3-0 for the first time in franchise history. Game 4 is Wednesday night in Philadelphia.

GAME 3 In Philadelphia

6	1

Alex Ovechkin's two goals and assist helped the Capitals put the Flyers in an 3-0 hole. MATT SLOCUM/THE ASSOCIATED PRESS

Ovechkin snapped a tie game with his 38th post-season goal and Holtby made the lead stand with his third straight sensational effort in the series. The Capitals scored five power-play goals, including four in the third period.

The Flyers lost in their first home game since founder Ed Snider's death last week. Michael Raffl scored 57 seconds into the game and sent a crowd already rocking after an emotional pre-game tribute into a frenzy.

But passion alone wasn't enough to fuel the Flyers.

Philadelphia fans showed the wrong kind of spirit late in the game when they tossed wristbands used as part of a pre-game lights show on the ice as Washington turned this one into a rout.

Flyers public address announcer Lou Nolan urged fans to "show some class" during the first wave of band tossing. He later told fans the Flyers would be hit with a penalty if they kept throwing the objects on the ice. Sure enough, the wristbands kept coming, and the Flyers were hit with a bench minor for delay of game. Nolan said, "way to go," and the fans cheered as if they were proud of the penalty.

The Flyers dedicated their post-season run to Snider, who died last week after a two-year battle with cancer.

The Flyers hanged a banner outside the arena with Snider's picture and the caption "A Flyer Forever." His silhouette was inside the Flyers logo for the customary playoff T-shirt giveaway, and some fans left flowers and cards at a makeshift memorial next to the team flag.

"EMS" — initials for Edward Malcolm Snider — were painted on the ice behind each net.

THE ASSOCIATED PRESS

FOOTBALL

Dinos QB up for CIS award

An Olympian, a soon-to-be Olympian and an aspiring CFL quarterback are in the running for Canada's university sport awards.

University of Calgary quarterback Andrew Buckley, 2014 Olympic hockey player Melodie Daoust from McGill and Rio-bound University of Toronto swimmer Kylie Masse are among eight nominees for the annual BLG Awards.

The awards have recognized the best student-athletes in Canadian Interuniversity Sport since 1993.

The Jim Thompson Trophy goes to the female winner and the Doug Mitchell Trophy is given to the top male athlete. Both receive $10,000 post-graduate scholarships. This year's recipients will be announced May 2 in Calgary.

McMaster volleyball player Stephen Maar, hockey players Jordan Murray out of the University of New Brunswick and Guillaume Asselin from the University of Quebec at Trois-Rivieres are the other male finalists.

Acadia basketball player Paloma Anderson and Thompson Rivers University volleyball player Iuliia Pakhomenko join Daoust and Masse as this year's female nominees.

The awards ceremony ends one chapter and starts another for Buckley. He capped his fifth and final season with the Dinos winning the Hec Crighton Trophy that goes to the top CIS football player for a second straight year.

THE CANADIAN PRESS

Back in it by committee

RAPTORS
SERIES TIED 1-1

Toronto kicks it into high gear in 4th Q to slow Pacers

Jonas Valanciunas scored 23 points and hauled down 15 rebounds as the Toronto Raptors bounced back to beat the Indiana Pacers 98-87 on Monday, evening their post-season series at one game apiece.

Kyle Lowry had 18 points and nine assists, while Cory Joseph finished with 16 points, Patrick Patterson chipped in with 14 and DeMar DeRozan had 10.

Paul George led the Pacers with 28 points.

The victory was a massive sigh of relief for Raptors fans after a horrible Game 1 that had Toronto looking nothing like the record-setting team it had been in the regular season. That ugly 100-90 loss conjured memories of last season's four-game post-season sweep by the Washington Wizards.

The big question Monday was: how would the Raptors respond?

They answered with an emphatic victory that saw them cough up an early 18-point lead but battle back with a terrific fourth quarter.

Leading 74-66 to start the fourth, they found another gear, and when Lowry threaded a gorgeous pass to Joseph under the basket, the bucket put the Raptors up by 15 points and sent the Air Canada Centre crowd into fits of delirium.

A pair of free throws from Lowry with 4:19 to play put the Raptors up by 19 points, and they cruised to a well-earned victory.

Lowry, who had a rough Game 1, was back at his scrappy best, diving for loose balls, and while he shot just 4-for-13 on the night, his passing and defensive effort more than made up for his lousy aim.

The Raptors won virtually without their leading scorer as DeRozan was MIA once again. The two-time all-star shot just 5-for-18, and looked completely out of sorts most of the night, hanging his head each time he trudged to the bench.

The series now moves to Indianapolis for Game 3 on Thursday and Game 4 on Saturday.

GAME 2 in Toronto

Raptors	Pacers
98	87

THE CANADIAN PRESS

Raptors centre Bismack Biyombo defends against the Pacers' Paul George on Monday night. MARK BLINCH/THE CANADIAN PRESS

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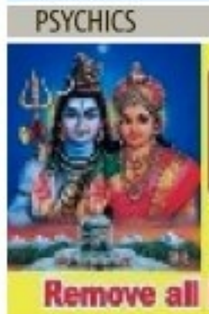

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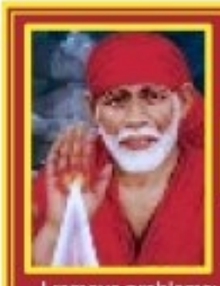

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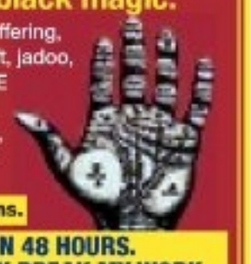

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MLB

Jays salvage series split with Red Sox

Russell Martin hit a two-run single against Craig Kimbrel to cap a four-run eighth inning, and the Toronto Blue Jays held on to beat the Red Sox 4-3 on Monday in Boston's annual Patriots' Day game.

J.A. Happ (2-0) gave up one run and four hits in seven-plus innings. Drew Storen got three outs for his first save as a Blue Jay despite surrendering two runs.

Toronto gained a split of the four-game series by winning the last two. THE ASSOCIATED PRESS

MONDAY in Boston

BLUE JAYS	RED SOX
4	3

IN BRIEF

Spurs gain ground

Harry Kane and Dele Alli both scored twice Monday as Tottenham crushed Stoke 4-0 to close the gap on Premier League leader Leicester to five points. No team has scored more than Tottenham and no team has conceded fewer goals this season.
THE ASSOCIATED PRESS

Pistorius hearing set for June

South Africa's former track star Oscar Pistorius appeared briefly in a Pretoria court where a judge scheduled five days in June to determine his sentence for murdering his girlfriend. The sentencing hearing for Pistorius will be held from June 13 to 17.
THE ASSOCIATED PRESS

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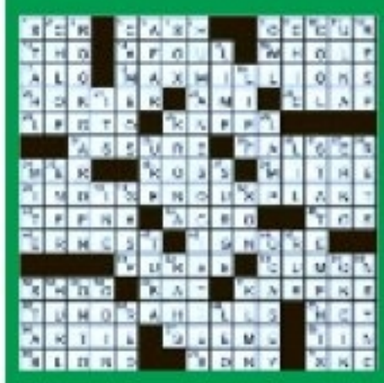

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7	4	1	2	5	8	9	6	3
9	3	5	4	7	6	1	8	2
1	5	2	6	4	7	3	9	8
3	6	9	5	8	2	4	7	1
4	7	8	3	9	1	6	2	5

for more fun and games go to metronews.ca/games

RECIPE Curried Chicken with Grapes in a Pita

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This sweet and savoury combo is a great way to use up leftover chicken. But it's also a reason to pick up a rotisserie chicken on your way home if you don't have leftovers.

Ready in
Prep time: 10
Cook time: 20

Ingredients
- 2 cups diced cooked chicken
- 2 celery stalks, finely diced
- 1/2 cup seedless grapes, quartered
- 1 scallion, finely sliced
- 2 Tbsp mayonaisse
- 2 Tbsp Greek yogurt
- 1 tsp curry powder
- 1 tsp Dijon mustard
- salt and pepper to taste
- whole wheat pita pockets, sliced in half
- lettuce, washed and torn

Directions

1. In a bowl, toss together the diced chicken, celery, grapes and scallion.

2. In a small bowl, stir together the mayo, yogurt, curry powder and Dijon then blend it together with the chicken mixture. Taste before deciding how much salt and pepper you need.

3. Cut your pitas in half and tuck in a few pieces of lettuce.

4. Now spoon in your chicken salad. Serve with a green salad.

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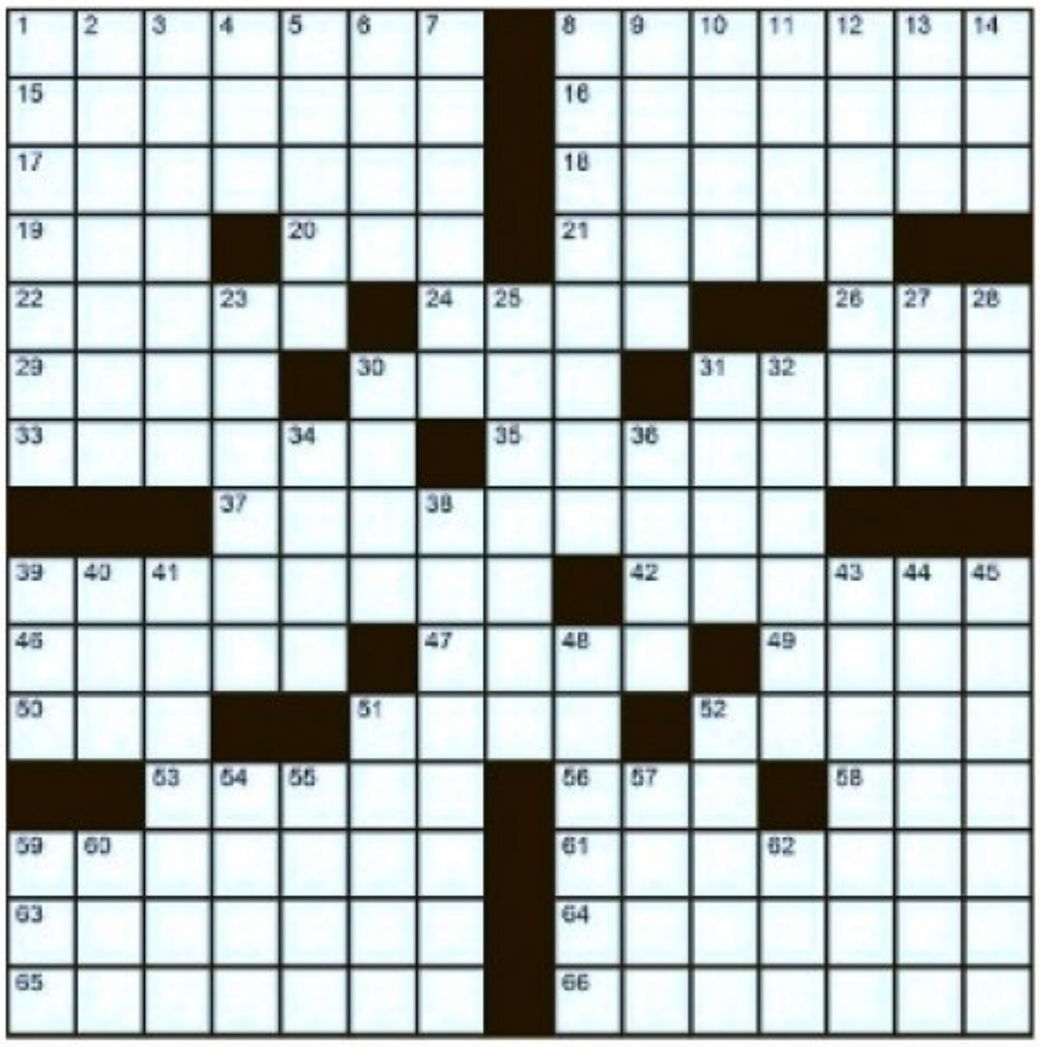
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. "__ Bells": Theme music in "The Exorcist" (1973)
8. Shook a bit
15. Useless
16. "I'm sorry."
17. Robert De Niro/Ben Stiller comedy, "Meet the __" (2000)
18. Info in a used-car ad
19. Painful expressions!
20. Garden pond fish
21. Finished
22. Fortunes
24. Pharmacy amount
26. Pixie
29. Barney's best cartoon friend
30. Sage or thyme
31. Wayne __ (Batman's abode)
33. Tennis champion Ms. Williams
35. In a wide-mouthed-awestruck manner
37. Alberta: Beautiful attraction in Lethbridge, __ __ Japanese Garden
39. Like the four largest satellites of Jupiter
42. Harnessed
46. Shock Rock rocker, __ Cooper
47. Russian autocrat, once
49. Ms. Campbell of "Scream" (1996)
50. Famous
51. "__ Lap" (1983)
52. Hard-to-climb hill's characteristic
53. Ring __ __ (Get attention at the customer service desk)
56. Writer Mr. Levin
58. CSI evidence
59. "The Facts of Life" character
61. More like Mr. Duck of Looney Tunes
63. Supervise
64. Sir Edmund Hillary's conquest in '53
65. Ontario: University in London
66. Ritzy vacation destinations

DOWN
1. Insider's info offerings
2. Not in-the-know
3. Partyer making the balloon go "Pop!"
4. 'Comp' completer (Calculate)
5. Golfing domains
6. Opera voice
7. Live somewhere
8. Ontario/Quebec body of water: 2 wds.
9. Express, as a thought
10. Atomic No. 79
11. Hilarity
12. Placing deliveries on the truck
13. __ salad sandwich
14. Hair tinter
23. Like Adam and Eve's garden
25. Wedding dress material
27. Gretchen of movies
28. Use a crowbar
30. Cod-like fish
31. Mr. Myers
32. Sanctify
34. Cairo's river
36. Run smoothly as a car engine
38. Hamilton-born actress Ms. Robertson
39. Chitchat
40. Famous boxing last name
41. Binds, surgeon-style
43. More wanting
44. Most balanced
45. Leaves at the airport
48. More like a desert in climate
51. One using a pair of toolbox grippers, say
52. Vaults
54. "The Simpsons" character
55. "Nothing __ Matters" by Bif Naked
57. Critic's thumbs-up review
59. At this moment
60. "__ Maria"
62. Backwards

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today you feel passionate and intense about everything. However, you will feel this particularly during discussions with bosses, parents and the police. Be careful.

Taurus April 21 - May 21
If you are looking for answers or doing research today, you will be like a dog with a bone: You will not give up until you find what you want.

Gemini May 22 - June 21
Disputes with a friend or a member of a group might arise today, especially about how to spend a specific amount of money or deal with shared property. Remember that discussions are a two-way street.

Cancer June 22 - July 23
Difficulties with bosses and parents might arise today, because you want to get your own way. Be careful. This relationship might end.

Leo July 24 - Aug. 23
You might decide to part ways with a group of people based on religious, political or racial views. Issues are hot; you will not betray your own values.

Virgo Aug. 24 - Sept. 23
Disputes about inheritances, insurance issues and shared property will be intense today. You might be at loggerheads with someone so fiercely that the relationship will end.

Libra Sept. 24 - Oct. 23
Sometimes we hang on to someone out of feelings of insecurity. Today you will examine your relationships and either change them or accept them for what they are.

Scorpio Oct. 24 - Nov. 22
Your zeal to introduce reforms at work might create resistance. You won't back down, which is why things will come to a head by the Full Moon on Thursday.

Sagittarius Nov. 23 - Dec. 21
Parents must be gentle with their kids, because everyone is obsessed about something today. This means if someone wants something, they really want it. Be the adult in this scenario.

Capricorn Dec. 22 - Jan. 20
Family disagreements might be imminent, because different people want different things. Unfortunately, these feelings are intense. Hopefully, after Thursday's Full Moon there will be peace.

Aquarius Jan. 21 - Feb. 19
No matter what you discuss today, you will be passionately intense about it. Just be aware of this so that you know why others react as they do.

Pisces
Feb. 20 - March 20
If shopping today, you will be obsessed about buying something. Well, if you want it and you can afford it, why not get it?

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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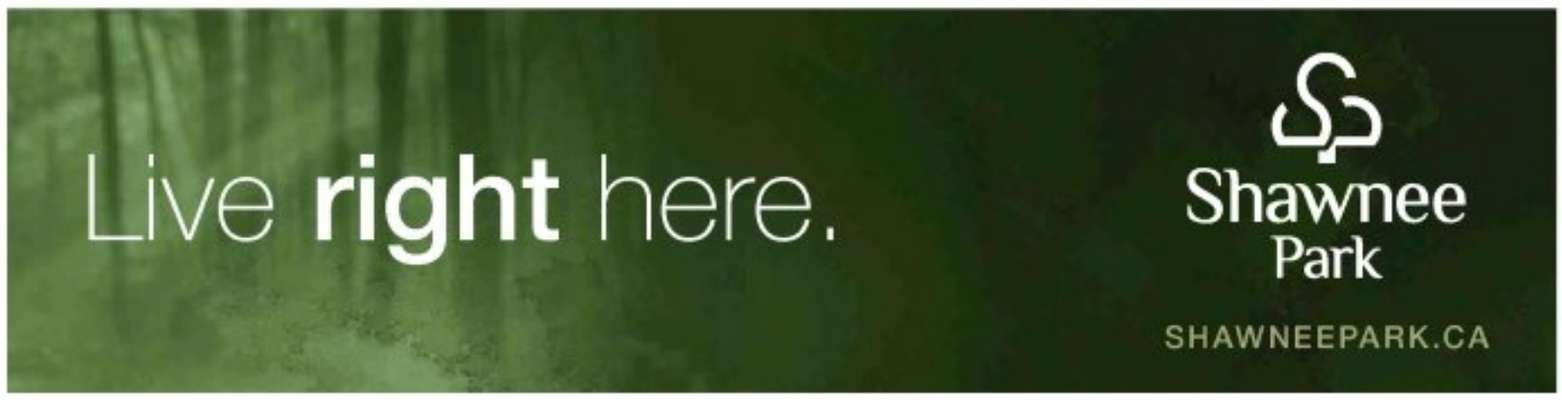

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